

2015 Senior Games Cycling Events

Date(s): Saturday, May 2, 2015, Sunday, May 3, 2015

Saturday, May 2nd events

10K Time Trial Start: 10:00 am

20 K Road Race Start: 12:30 pm

Sunday, May 3rd events

5K Time Trial start: 10:00 am

40K Road Race Start: 11:30

Location: Ft. Ord, Monterey

10km ITT Time Trial and 20km Road Race events

Saturday, May 2nd at Ft. Ord National Monument, CA

5km ITT Time Trial and 40km Road Race events

Sunday, May 3rd at Ft. Ord National Monument, CA

WELCOME TO THE 2015 BAY AREA SENIOR GAMES CYCLING EVENTS

2015 Bay Area Senior Games cycling events has the opportunity to return to one of Northern California's rare and sought-after racing courses fully closed to traffic. Although not as flat as Canada Road that has been the site in the previous years, this circuit also does not require any U-turns for mass start road competition and we hope you'll enjoy this venue.

Thanks for your patience, your suggestions and comments as we develop this event at Ft. Ord. We are looking forward to making this the premier cycling event for senior athletes in Northern California.

Check-In on Saturday, May 2 – will open at 9:00 am at the intersection of Parker Flats Cut-Off Road and Parker Flats. Athletes should plan to pick up their race numbers, tee-shirts at Check-In. A list of athletes is attached to this email and is also posted at <http://www.bayareaseniorgames.org/sports-cycling>

Course – circuit course, 4.3 miles (7.0 km) total circuit length with full road closure – no center line rule in effect. The road surface is good and the course features long straights, false flat sections, gradual climbs, downhill's, with a few twisting turns mixed in.

Circuit includes start on Parker Flats Cut-off Road, right turn on Watkins Gate Rd. right turn on Eucalyptus Road, right on Parker Flats Cut-off downhill to Finish on Parker Flats Cut-off. Start and Finish for the Road Races will be on Parker Flats Cut-off near intersection with Normandy Road. Course runs clockwise direction.

For ITT, Start and Finish Zones will be located separately to minimize athlete traffic congestion and safety. 5km Start will be on Parker Flats Cut-off near Normandy Road. Course runs clockwise for 2.75 km to Turn-around, returns 2.25 km to Finish Zone. 10 km start located on Parker Flats Cut-off approx. 500 meters south of Normandy Rd. Course runs clockwise approx. 6 km to turn-around on Eucalyptus Rd (includes 2 smaller hills but not final major climb) and return to same Finish Zone as 5 km TT.

Start Times – Saturday ITT first rider 10:00 am. Sunday ITT first rider 10:00 am. Fields will start in order: Male youngest (50-54) alternating with Female youngest (50-54) to oldest final starters. Specific start times will be published on website after registration is completed and will also be posted at Parking/Awards Headquarters.

20 km Road Race – Saturday, May 2nd, will start 12:30 pm in start groups for following athletes

- 12:00 pm – Men 55-59
- 12:01 pm – Men 60-64
- 12:02 pm – Men 65-69
- 12:03 pm – Men 70-74
- 12:04 pm - Men 75-79
- 12:05 pm – Men 80+
- 12:06 pm – All Women

40 km Road Race – Sunday, May 3rd, will start 11:30 am for the following athletes

- 11:30 pm – Men 55-59
- 11:31 pm – Men 60-64
- 11:32 pm – Men 65-69
- 11:33 pm – Men 70-74
- 11:34 pm - Men 75-79
- 11:35 pm – Men 80+
- 11:36 pm – All Women

Lap cards will be displayed at Finish line, final lap signals by bell. All riders will be judged by staff at Finish line and results posted at Parking/Awards Headquarters.

Directions to Ft. Ord course – from Palo Alto

- South US 101 66 miles to Hwy 156 (exit 336) towards Monterey Peninsula, continue 6 miles to US Hwy 1
- South US Hwy 1 – 10 miles to Lightfighter Dr. exit, Ft. Ord National Monument, ½ mile on Lightfighter Rd. to Gen. Jim Moore Rd.
- Right turn on General Jim Moore Road, about a ¼ mile to Gigling Road. Left on Gigling, ¼ mile, right turn onto **Parker Flats Cut-off Road** to parking on left.
- Look for posted signs.

Awards – medal presentation will be scheduled for both ITT and Road Race events. ITT and Road Race awards will be conducted at Awards HQ podium upon completion of final rider after Road Races and official times posted by staff at HQ for all categories.

Note: Food is available in Seaside or Marina, so cyclists and spectators should plan on bringing their own food. We will have water and limited snacks.

2015 Cycling Course Maps – Attached and posted at

<http://www.bayareaseniorgames.org/sports-cycling>

Senior Games Signs – Look for these signs.

Samples of signs posted at <http://www.bayareaseniorgames.org/sports-cycling>

Tom Simpson mobile phone: 650.302.6310

Anne Cribbs - 415-264-2067 or Helen Mendel 510-506-1874