55+ BC Games

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CYCLING

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1. Age Categories:

Men and Women:

55 to 59	70 to 74	85 +
60 to 64	75 to 79	
65 to 69	80 to 84	

2. Events:

In all age categories, **in both Recreational and Competitive divisions,** licensed and unlicensed cyclists (there is no distinction)

(a) Day 1 – Thursday - Time Trial – Distance: 16 Kilometres, flat course, Start and Finish at the same place

(b) Day 2 – Friday - Road Race – Distances: Men 55-69: 60 Kilometres (approx.); Women 55-69 and Men 70-79: 50 Kilometres (approx.); Women 70 and over, and Men 80 and over: 40 Kilometres (approx.)

(c) Day 3 – Saturday **-** Hill Climb – Distance: 2 to 3 Kilometres; Grade 6% to 9%. (Note: Distances may vary slightly to suit local conditions.)

3. Participation:

(a) There is no limit to the number of participants in each category and in each division or the total from each zone.

(b) A first year participant may choose to enter either as a Recreational or Competitive participant. When a Recreational participant wins a gold medal, they must move up to the Competitive level in that event.

4. Competition:

(a) Cycling B.C. Rules shall apply.

(b) Cyclists are required to wear approved helmets.

(c) Cyclists should check with their local bike shop regarding all aspects of the mechanical functioning and safety features of their bicycles.

(d) Identification numbers must comprise of four digits – the first two indicating the age group, e.g., 60 for the 60-64 age group. Identification numbers are to be worn on the back and must be visible.

5. Medals:

(a) Gold, Silver and Bronze medals will be awarded to the top three finishers in each race in each age category, **Recreational and Competitive,** male and female.

(b) Medal presentations should, if possible, take place at each Cycling venue after each event on each of the three days of competition.

6. Zone Playoffs:

(a) Zone playoffs are not necessary, as each Zone may send an unlimited number of cyclists.