

CYCLING

Revised November 2017

1. **Age Categories:**

Men and Women:	55 to 59	70 to 74	85 - 89
	60 to 64	75 to 79	90+
	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.