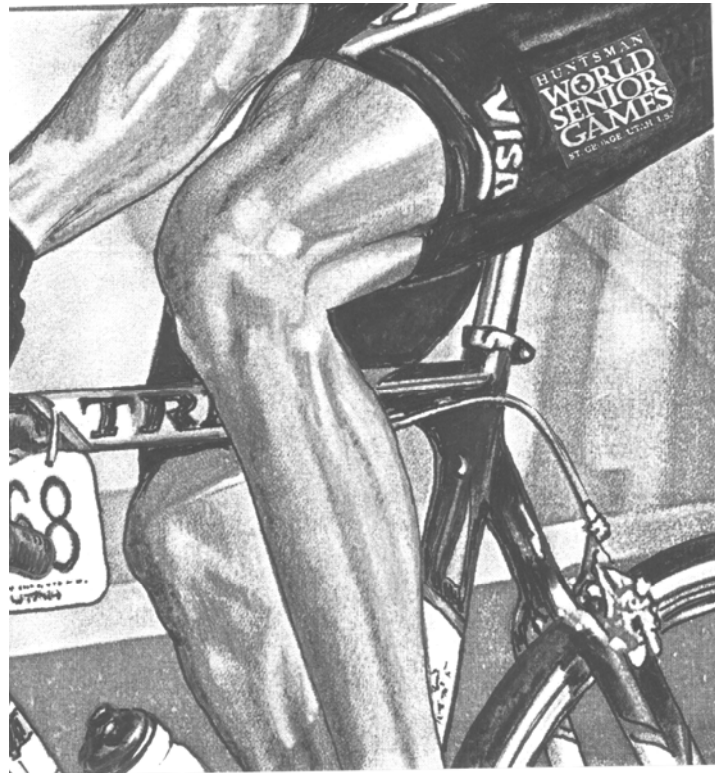




**2011
CYCLING
BIBLE**



**October 3-7, 2011
St. George, Utah USA**

2011 Huntsman World Senior Games

CYCLING EVENT

October 3rd – 7th

Sport Director: Gary Goold

Assistant: Blake Boulter
Assistant: Denise Spragg
Assistant: Daniel Goold

Officials: Gary / Louise Bywater
Timing: Race Day Timing
Announcer: Ralph Elliott

The 2011 Huntsman World Senior Games Cycling Event will include:

| | | |
|-----------|-----------|------------------------|
| Monday | October 3 | Pre-Race Meeting |
| Tuesday | October 4 | Hill Climb |
| Wednesday | October 5 | Time Trial |
| Thursday | October 6 | criterium |
| Friday | October 7 | Road Race |
| Friday | October 7 | Cycling Awards Banquet |

The event is sanctioned by USA Cycling so all cyclists must have a current USA Cycling license before they will be allowed to race. Unlicensed riders may purchase one-day licenses at the Pre-Race Meeting.

All cyclists are required to check-in at the Dixie Center to receive their Games ID Badge, Shirt and Official Games Packet prior to the Cycling Pre-Race Meeting.

All cyclists are required to attend the Pre-Race Meeting on Monday, October 3rd at the Dixie Center.

Pre-Race Meeting...

Monday, October 3 – Dixie Center (Ballroom A)

- 4:30 pm License Verification/Sales and Race Packet Distribution
- 5:30 pm Race Review

Licenses. Cyclists with a current USA Cycling or foreign license must present their license. Cyclists without a current USA Cycling or foreign license must either purchase an annual USA Cycling license for \$60.00 or purchase one-day USA Cycling licenses for each cycling event (\$10.00 per day).

Waivers. All cyclists are required to sign the UDOT and USA Cycling Waivers.

Personal Profiles. Cyclists are encouraged to complete a Personal Profile. This personal information may be used by our cycling announcer, “Mr. Voice of Cycling”-Ralph Elliott, to add some fun to the event.

Race Packets. Cyclists will receive their Race Packets including their Race Bible, Race Bibs, Frame Numbers, Ties and Pins.

Check Your Race Packet. Be sure your packet includes a Jersey Number, Shoulder Number and Frame Number and that all numbers are the same. This number will be used for all races.

Check the Master List. Be sure the Master List number matches the numbers in your Race Packet and that you are registered for the correct races. Notify the Cycling Registrar of any errors.

Time Trial Barbeque Tickets. Purchase your ticket for the Time Trial Barbeque that will be held at the Majestic View Lodge in Springdale (\$12.00 /ticket) at the pre-race meeting so we can get a count for servings.

Race Review. We will review each race and race venue in detail and answer any questions.

Ride Sign-Up. Following the Race Review, Transportation personnel will be available so you can sign up for rides to or from the cycling races.

GENERAL INFORMATION – APPLIES TO ALL RACES

- USA Cycling rules will govern each race except as otherwise noted.
- If you hold a racing license in your country you must ride as Division I not Division II.
- On-site venue check-in is required only by athletes who *do not have* their race packets (race bibs).
- **Helmets are mandatory, under all circumstances, when you are on your bike.**
- The same race bibs will be used for all four races. If you arrive at an event without your race bib, inform the personnel at the registration desk immediately. Do not fold or cut down size of bib. The bib number needs to be full size.
- Body numbers should be worn diagonally on the right side of the lower back (not on the hip)
- No sleeveless jerseys allowed. All jerseys MUST have sleeves.
- If you did not receive your Race Packet at the Pre-Race Meeting, plan to arrive at the race, with your cycling license as necessary, at least one hour prior to the start of the race. Unlicensed riders will be required to purchase one-day licenses for each cycling event and sign liability waivers.
- For cycling service and accessories, contact Red Rock Bicycle Company at the corner of Bluff Street and 100 South, St. George (435-674-3185).
- Protest of Results must be presented to Chief Referee, Gary Bywater, within 15 minutes of final result posting.
- Winners' Medals / Ribbons. In each gender, age division, and category (Division I, II and III), Gold, Silver, and Bronze medals and Fourth, Fifth, and Sixth Place ribbons will be awarded. Awards will be presented daily following each race.
- Overall Awards. An Overall Award will be awarded to the overall best cyclist in each gender, age division and category as follows:

| | |
|-------------------------------|----------------------------|
| Division I (Expert / Extreme) | Yellow HWSG Overall Jersey |
| Division II (Experienced) | HWSG Cycling Jersey |
| Division III (Recreational) | HWSG Shirt |

Cyclists must participate in at least three (3) cycling races to qualify for overall awards. The overall awards will be awarded to the cyclist with the highest total points.

Points will be awarded as follows:

| | | | |
|--------------|-------------|--------------|------------|
| First Place | = 10 points | Fourth Place | = 3 points |
| Second Place | = 7 points | Fifth Place | = 2 points |
| Third Place | = 5 points | Sixth Place | = 1 point |

Points will be awarded based on finish order in each category *regardless* of whether you ride in three or more races. However, these points are counted toward the overall award *only* if you participate in **three or more** events. Points are not transferable. In the event of a tie, head-to-head results will determine the winner. If a tie still exists, the highest placed Road Race finisher will win.

- Dave Richardson Award. This special award will be presented to the most outstanding individual cyclist based on his/her sportsmanship, friendliness, and helpfulness. The winner will be selected by popular vote. You cannot vote for a member of your own cycling club. Voting slips will be in your race packet.
- Awards Banquet (Sport Sponsor Social) – Friday, October 7th, 6:00 pm at the Washington County Regional Park/Fairgrounds (*north on Interstate 15 to Highway 9, head right towards Hurricane for approximately 3 miles and then turn right at the light*). Please join us for the awarding of overall awards, recap of medals, dinner, music, entertainment, special programs and lots of fun and camaraderie after an exciting week of competition! Entry in the Cycling Awards Banquet is free of charge to Cycling participants and their registered guests and is provided by your sponsors Mega Pro Screenprint & Embroidery and Red Rock Bicycle Company. Additional tickets for unregistered guests are available at the Dixie Center Registration Check-In area (\$8.00) or at the door (\$10.00).

HILL CLIMB

Date: Tuesday, October 4th

Location: Snow Canyon Sand Dunes - *See Additional Information (below) for parking restrictions*

Distance: 5 K

Schedule: 8:00 am Check-In Opens
8:50 am First Cyclist Called Up
9:00 am Race Begins
11:30 am Awards Ceremony (on-site)

Format:

1. All cyclists who do not have their race packet (race bibs) must check-in one hour prior to their race. If you did not attend the Pre-Race Meeting on Monday, please see If you did not receive your Race Packet under “General Information”.
2. Start location for all age groups will be at the Snow Canyon State Park Sand Dunes (at the bottom of the canyon hill).
3. Start time and order will be posted at Pre-Race Meeting, on the Sports Boards at the Dixie Center and at the race site. Start order is by descending category and age (Division III, II, I - oldest to youngest).
4. Start lineup will be 5-8 cyclists at a time - be prepared to line up about 5 minutes ahead of your designated time (see Race Clock at start line).
5. Race will be run like a Time Trial, i.e., each rider will start separately at 30-second intervals.
6. Late Starts are handled in accordance with USA Cycling rules: “If a rider appears later than the appointed starting time, the start will be allowed only if it does not interfere with the riders starting on schedule. In case of a late start, the appointed start time shall be used in computing the results.”
7. Even though the course is closed to traffic, riders must stay to the right of the yellow line (remember, riders will be returning back down the course).
8. TT bars and disc wheels are permitted.
9. Please call out your number as you cross the finish line or you may miss your overall award points.
10. Awards will be presented on site after the race at the Starting Line.

Additional Information

- Parking will be allowed in the designated parking lot uphill from the starting line or in the middle of the road downhill from the starting line, facing uphill (follow instructions of the flag personnel).
- Snow Canyon is controlled by Utah State Park regulations.
- Bathrooms are in the parking lot.
- Port-a-potties will be available at the bottom and top of the hill.
- We suggest you bring hats, umbrellas, sunscreen and chairs for your personal comfort.
- Weather can be cool.
- Complimentary water and light fruit refreshments will be available.
- Check for turtles under your car before leaving.

** Please adhere to the Snow Canyon State Park regulations **

Thank You

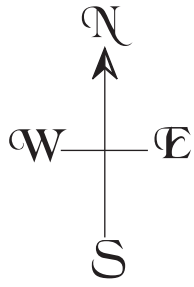
HILL CLIMB Tuesday



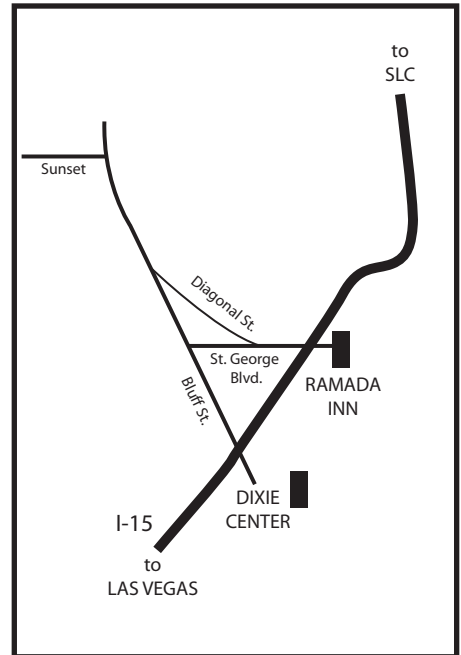
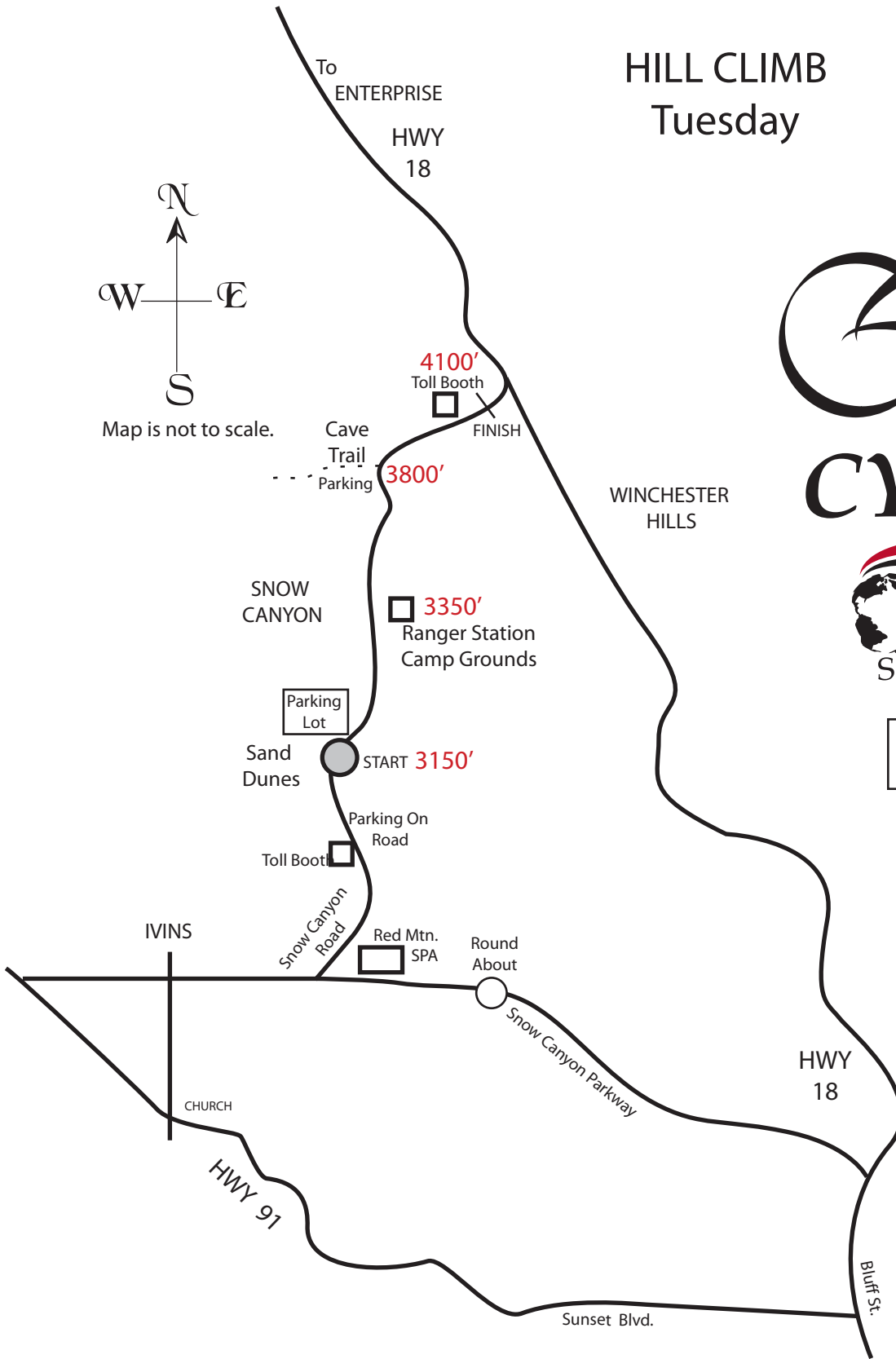
CYCLING



Altitude in **RED**



Map is not to scale.



TIME TRIAL

| | | |
|-------------------|---|--|
| Date: | Wednesday, October 5 th | |
| Location: | Springdale (approximately 40 miles/one hour from St George) | |
| Distances: | 20K | M 65+ - Division I & II M 50+ - Division III W 55+ - Division I W 50+ - Division II & III |
| | 40K | M 50-64 - Division I & II W 50-54 - Division I |
| Schedule: | 8:00 am | Check-In Opens (<i>parking lot of the Majestic View Lodge</i>) |
| | 8:45 am | First 20K Cyclists Called Up (<i>at Majestic View Lodge check-in area</i>) |
| | 9:00 am | First 20K Cyclist Starts (<i>on Highway 9 at Anasazi Lane</i>) |
| | 10:30 am | Majestic View Lodge Time Trial Barbeque & 20K Awards Ceremony |
| | 10:45 am | First 40K Cyclists Called Up (<i>at Majestic View Lodge check-in area</i>) |
| | 11:00 am | First 40K Cyclist Starts (<i>on Highway 9 at Anasazi Lane</i>) |
| | 12:30 pm | Majestic View Lodge Time Trial Barbeque & 40K Awards Ceremony |

Format:

1. All cyclists who do not have their race packet (race bibs) must check-in one hour prior to their race. If you did not attend the Pre-Race Meeting on Monday, please see If you did not receive your Race Packet under “General Information”.
2. Course is not certified by USA Cycling.
3. 20K start is on Highway 9 (at Anasazi La) and finish is on Highway 9 in front of the Majestic View Lodge.
4. 40K start is on Highway 9 (at Anasazi La) and finish is on Highway 9 in front of the Majestic View Lodge. The turn-around is on the west side of the Town of Virgin at Mesa Rd.
5. Individual start time and order will be posted at the Pre-Race Meeting at the Dixie Center and the race site. Riders will leave at 30-second intervals.
6. Starting line-up is about 10 at a time; be prepared to line up five minutes before your time.
7. Late Starts are handled in accordance with USA Cycling rules: “If a rider appears later than the appointed starting time, the start will be allowed only if it does not interfere with the riders starting on schedule. In case of a late start, the appointed start time shall be used in computing the results.”
8. Always stay as near to the right shoulder as possible. Road will be open to traffic.
9. Watch for turn-around points for the 20K and 40K races. A red flag, a 200-meter or ¼-mile sign, a 20K (or 40K) sign, a highway patrolman, a flag person and an orange cone will all mark the turn-arounds.
10. Aero Bars or equivalent and wheel covers are permitted.
11. Awards will be presented at the Majestic View Lodge Time Trial Barbeque. Barbeque and Awards Ceremonies will begin at the conclusion of each race in the Lodge’s dining room.

Additional Information

- Race start is 0.4 mile west of the Majestic View Lodge check-in area.
- **Caution!** Traffic control will be provided, but be alert, as there will be traffic on the course. Overflow parking will be one mile north of the Majestic View Lodge at the Latter Day Saints Church.
- Complimentary water and light fruit refreshments will be available at the Check-in & Finish line, only.
- There will be a Time Trial Barbeque following each race. Tickets may be purchased at Pre-Race Meeting for **\$12 per person**.



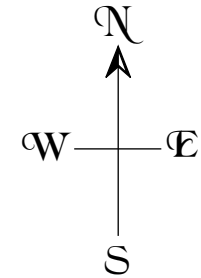
CYCLING



Altitude in RED

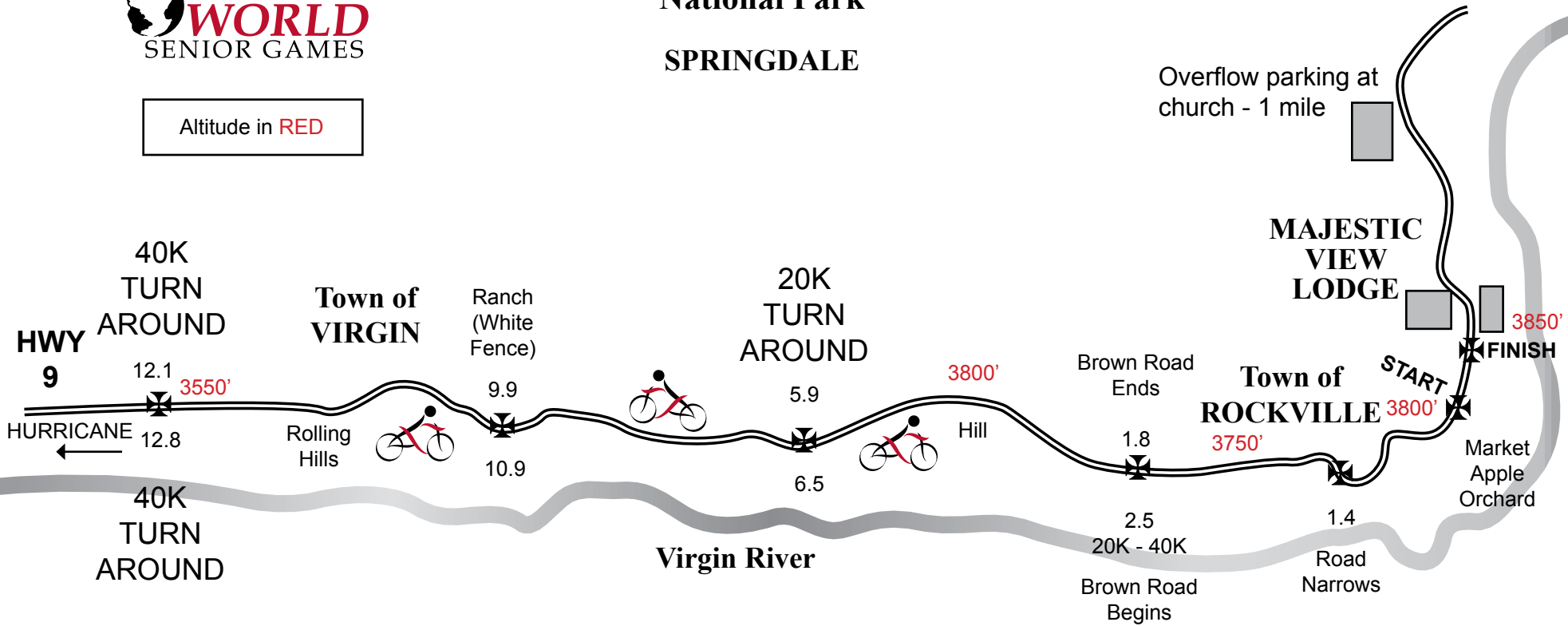
TIME TRIAL

ALTITUDE: AVERAGE OF 3913 FEET ABOVE SEA LEVEL



Map is not to scale.

Zion National Park
SPRINGDALE



CRITERIUM

Date: Thursday, October 6th

Location: Former St. George Airport, 600 S. Airport Rd., St. George (New Location!)

Course: Oval airport runway - 2.28K per lap

Schedule: 8:00 am Check-In Opens
8:45 am Cyclists for First Race are Called Up
9:00 am Start of First Race
3:15 pm Start of Last Race

Format:

1. Course is a 1.4 mile oval (*see map*).
2. There will be nine separate races (*see Start Times below*)
3. All cyclists who do not have their race packet (race bibs) must check-in one hour prior to their race. If you did not attend the Pre-Race Meeting on Monday, please see If you did not receive your Race Packet under “General Information”.
4. Race length is based on time. Laps are timed for each race and then used as a basis to calculate when two (2) laps to go would end the race on time. All cyclists in all categories will finish on the same lap as the leader of the race. Pulled riders and lapped riders will have their times/places pro-rated based on how many laps they completed.
5. Lapped riders must ride to the outside. The USA Cycling referee may pull lapped riders if they create a safety hazard.
6. Preem Laps: Each race will have preem laps. Prizes will be awarded for each age group. Preem laps are announced while the race is in progress. Preems are presented after each category finishes.
7. Medal Awards will be presented after each race.

Additional Information

- There will be a wheel pit. You must furnish your own wheels. Wheel tags will be furnished.

| | | | | |
|----------------------------|--------|----------|--|--------|
| <u>Start Times:</u> | Race 1 | 9:00 am | Women 60-100 – Division I All other Women’s Divisions | 30 min |
| | Race 2 | 9:45 am | Men – Division III | 30 min |
| | Race 3 | 10:30 am | Men 65-100 – Division II | 30 min |
| | Race 4 | 11:15 am | Men 55-64 – Division II | 45 min |
| | Race 5 | 12:15 pm | Men 50-54 – Division II | 45 min |
| | Race 6 | 1:15 pm | Women 50-59 – Division I | 45 min |
| | Race 7 | 2:15 pm | Men 65-100 – Division I | 30 min |
| | Race 8 | 3:00 pm | Men 55-64 – Division I | 45 min |
| | Race 9 | 4:00 pm | Men 50-54 – Division I | 45 min |

ROAD RACE

Date: Friday, October 7th

Location: Three Starts: Ivins Fire Station (62K), Gunlock Turnoff (50K), Gunlock Post Office (37K).
(see map for location of each age division / category's start)

Distances: 62K Division I - Men 50-69 and Division II - Men 50-64
50K Division I - Men 70-74 & Women 50-64 and Division II - Men 65-69 & Women 50-64
37K Division I - Men 75-100 & Women 65-100 and Division II - Men 70-100 & Women 65-100
100 Division III – All Men and Women

Schedule: 8:00 am Check-In Opens -Ivins (at Church / Fire Station at Main & Center St)
8:30 am Check-In Opens – Gunlock Turn-off & Gunlock Post Office
9:00 am Race Begins (see schedule below)
1:00 pm Awards Ceremony at Finish – Ivins City Park

Format:

1. All cyclists who do not have their race packet (race bibs) must check-in one hour prior to their race. If you did not attend the Pre-Race Meeting on Monday, please see If you did not receive your Race Packet under “General Information”.
2. There will be a neutral zone from the Start in Ivins until after the sharp right turn on Old Hwy 91 at 400 South. A pace car will constrain the speed of each group until they enter the highway, then **go for it!**
3. Sheriff cars will lead the riders around the course, one at each start location. A cycling committee member and support vehicle will follow each group. Extra wheel tags will be available at check-in.
4. Individual support vehicles are not permitted. A rider will be subject to disqualification if identified with an unauthorized support vehicle.
5. Cyclists **must** stay to the right of the yellow center line, specifically, as far to the right side of the road as possible. You will be waved through all stop signs – remember, you will be sharing the road with traffic, so exercise caution. Snow Canyon is closed to all traffic; however, **use good judgment.**
6. Cattle guards, large pot holes and the really dangerous curves, speed bumps and turns in the Snow Canyon downhill will be marked with cones and/or flag-waving traffic control volunteers.
7. Cattle guards will not be covered. This is a road race and the road hazards are part of it.
8. Speed bumps at Guard Houses at the top and bottom of Snow Canyon will be neutral zones – caution – use good judgement
9. Advance warning signs will be placed before major turns in Vejo, Snow Canyon and at Center Street.
10. The Finish for all riders is in Ivins near the 62K Start at the church / fire station. The last few hundred yards will be closed to vehicles to permit unencumbered sprints to the finish-line. Please yell out your number as you cross, **then move to the right of the road so as not to hinder sprinting cyclists finishing the race.**

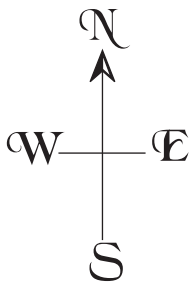
Additional Information

- Two water bottles are recommended. Water will be available before entering Vejo.
- A shuttle will be available to transport you to the various Road Race starts – sign up for rides during the Pre-Race meeting on Monday evening or at the Dixie Center Transportation Desk by Wednesday – **shuttle will leave Ivins at 8:00 am for Gunlock race starts.**
- Wheel support will be available during the Road Race. You must furnish your own wheels. Wheel tags will be furnished by the Cycling Committee by 7:30.
- Weather conditions such as **high winds** in the Snow Canyon area may cause a change in racing procedures.
- A sweep will follow the last rider.

Road Race Start Times and Location

| | | | |
|------|---|------------------------------|---------|
| 62 K | Church at 25 W. Center Street, Ivins | M 50-69 - Division I | 9:00 am |
| | | M 50-64 - Division II | 9:05 am |
| 50 K | Gunlock Turn-off (6 miles from Ivins) | M 70-74 - Division I | 9:00 am |
| | | M 65-69 - Division II | 9:01 am |
| | | W 50-64 - Division I | 9:05 am |
| | | W 50-64 - Division II | 9:06 am |
| 37 K | Gunlock Post Office (13 miles from Ivins) | All Men - Division III | 9:00 am |
| | | M 75-100 - Division I | 9:01 am |
| | | M 70-100 - Division II | 9:01 am |
| | | All Women - Division III | 9:05 am |
| | | W 65-100 - Division I and II | 9:05 am |

ROAD RACE Friday



Map is not to scale.



CYCLING



Altitude in **RED**

37K ROAD RACE START
at Church in Gunlock

DIV I Men 75+
Women 65+

DIV II Men 70+
Women 65+

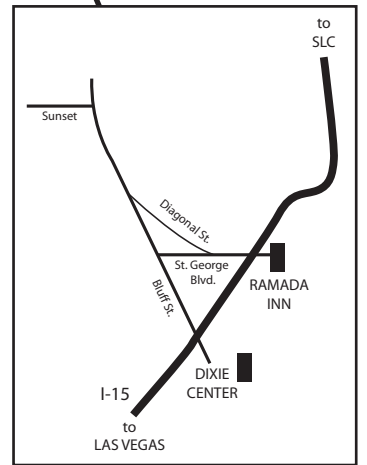
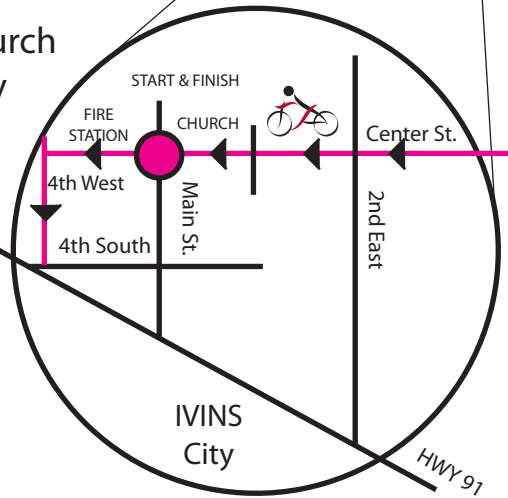
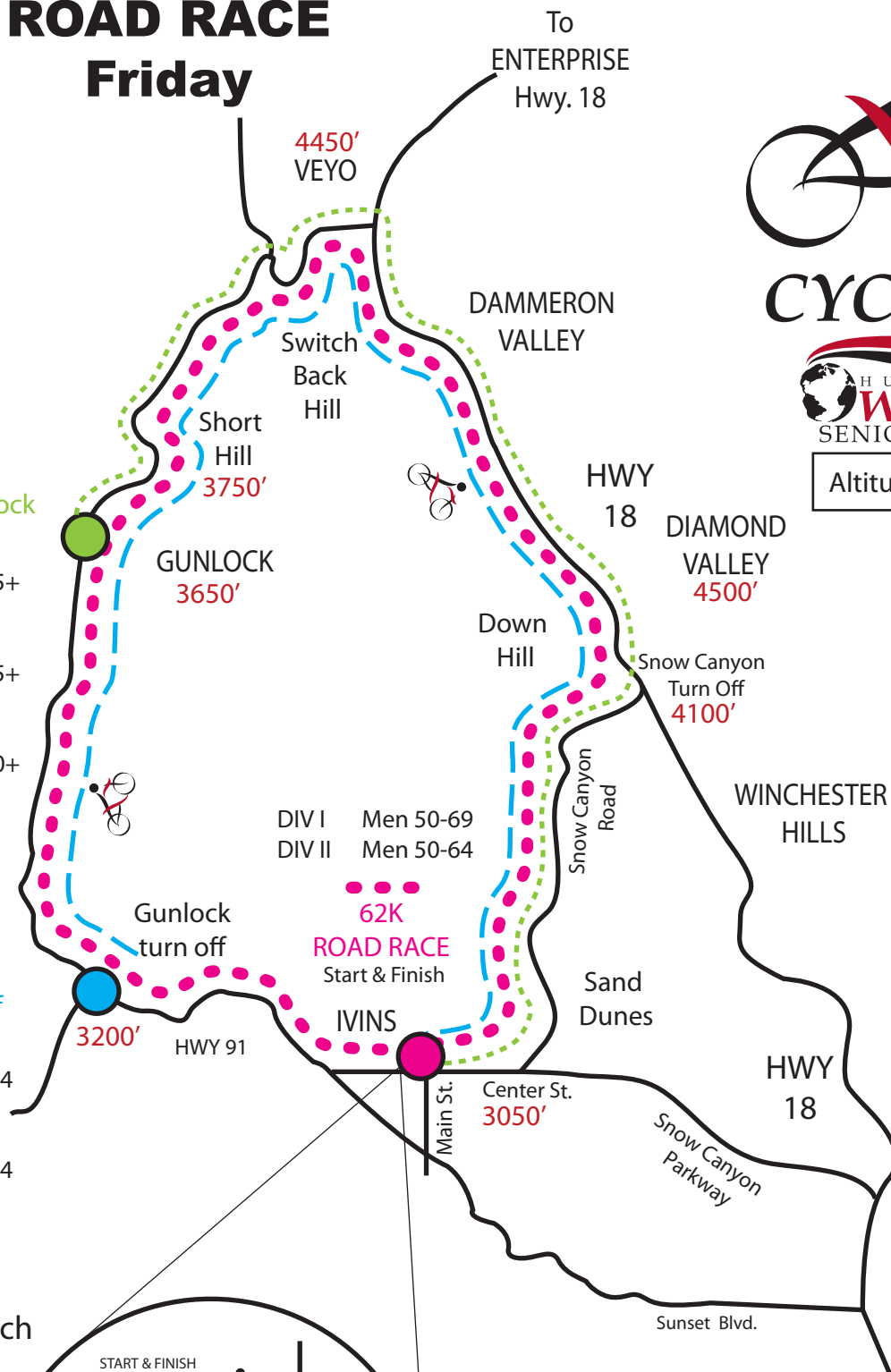
DIV III Men 50+
Women 50+

50K ROAD RACE START
at Gunlock turnoff

DIV I Men 70-74
Women 50-64

DIV II Men 65-69
Women 50-64

All divisions
finish @
firestation /church
in Ivins City



Be Sure Not To Miss....

The Opening Ceremonies and Parade of Athletes

Tuesday, October 4th

Hansen Stadium, Dixie State College

7:00 pm

(Line up at 6:30 pm for the Parade)

And

The Cycling Awards Banquet

Friday, October 7th

Washington County Regional Park / Fairgrounds

(off Highway 9 in Hurricane)

6:00 pm

**A Special Thanks to our
2011 Cycling Sponsors...**



and

