

## RACE BIBLE

DELAWARE ANNUAL SENIOR GAMES

CYCLING 5 K, 10 K, 1 Mile Time Trial Races

Wednesday, October 12, 2011  
(Rain Date, October 13, 2011)

A MASTERS AND SENIORS 40+ RACE EVENT

PRESENTED BY

DELAWARE SENIOR OLYMPICS

IN ASSOCIATION WITH

THE BIKE BOUTIQUE

HOSTED BY DOVER INTERNATIONAL SPEEDWAY, DOVER, DE

**DELAWARE ANNUAL SENIOR GAMES, CYCLING TIME TRIAL RACES**  
**A MASTERS AND SENIORS 40+ AGE GROUP RACE EVENT**

AUGUST 2011

Welcome to the 20th running of the Delaware Annual Games Cycling Time Trial Races. This is a great year for Delaware Senior Olympics as this is also the 20th year for this organization. The organizations and supporters that have contributed to this event greatly appreciate your participation.

We hope you will celebrate your success and have fun.

We ask that all participants follow the rules and directions of the race officials and volunteers.

So congratulate your fellow athletes at the podium ceremony, take pictures on the podiums to celebrate. And be sure to thank the volunteers and support the companies who have contributed to this event. Without these people helping, this race could not have taken place.

Thank you for your participation and have a safe and fun race!

Jo Johnson  
DSO Cycling Coordinator

Steve Wrede  
Race Director, Time Trials

## OPERATIONAL RULE

All cycling events will be conducted in accordance with USA Cycling rules except as modified herein. For a copy of these rules, write, call or go on line to:

USA Cycling  
One Olympic Plaza  
Colorado Springs, CO 80909  
719-866-4581  
www.usacycling.org

## REGISTRATION

- Race registration is available on line at BikeReg.com or by mail from Delaware Senior Olympics at [www.DelawareSeniorOlympics.org](http://www.DelawareSeniorOlympics.org)
- There will be NO day of Registration. All racers must pre-register. No registrations accepted after October 9 at 11:45 pm.
- All Participants will pay a \$20 fee which entitles them to DSO membership and its benefits as well as contribute towards processing and administration of the competition. This may have been paid earlier in the year.
- DSO membership card or other proof of \$20 payment is required at packet pickup to receive your number.
- USA Cycling and or USAT license or other form of proof is necessary for registration in Division 1.
- Live signature on waiver at Packet/Number pick up or at Registration/ Sign in is required of all riders.
- All support persons, volunteers and racers will sign a release form with Dover International Speedway prior to entry onto the track.
- Registration Race Age Groups will include 5 year age groups beginning with age 40. Your age as of 12/31/11 will determine which age group you will compete in.
- In addition to age groups, Divisions will be used to allow for skill and experience differences.  
Division 1 - consists of those riders with current USA Cycling license or current USAT license and those riders who race several times per year.

Division 2 - consists of those riders who consider themselves fast recreational riders and the DSO race events are their only race series (RR and TT) races of the year.

Division 3 - consists of those riders with less experience or skill or speed than the other divisions.

## **PACKET/ NUMBER PICK UP**

- All riders will show confirmation of \$20 payment by presenting current, valid DSO membership card, copy of BikeReg.com confirmation or other proof form

- A valid USAC license or USAT license or other proof is required at Registration/ Packet/ Number Pick Up for Division 1 riders.

-Packet/ Number pick up will be available at  
Hampton Inn, Rte 13  
1568 N. DuPont Hwy  
Dover, DE 19901

between 6 - 8 pm on Tuesday, October 11, 2011

- Day of Race Packet/Number pick up is available between 7 am and 8:00 am at  
Sign in  
Track side near NASCAR starters stand

-Track entrance and parking closest to Monster Mile statue . Side of track closest to Rte 1.

## **NUMBER PLACEMENT**

- Numbers provided at packet pick up, must be used, no substitutes. No folding, crumpling or cutting of numbers is allowed. Only one number will be given and will be used for any and all races entered. Position numbers on the **RIGHT** side of the jersey with the bottom edge of the number aligned with the jersey side seam. The race director and or timing and scoring officials are not responsible for incorrect number placement.

-Number provided will be used for all Time Trial races entered.

- If in doubt as to visibility, ask an official.
- Tip: pin number on jersey using steering wheel of car as your body or the night before using a pillow as your body. Check the pin so that it does not go through two layers of jersey. Do not use the pin hole, it will tear both the number and the jersey. Use at least 7 pins.

### GOOD PLACEMENT EXAMPLE

These numbers are readable by officials and camera



Really BAD number placement. Use at least 7 pins to keep the number flat.



Another really BAD placement. Can you read this number from the side?



- Do not fold, cut, crumple the number.

- Use seven or eight pins.

## MEDALS

MEDALS will be awarded to 1st through 4th place finishers.

After completion of the 1 mile Time Trial race, awards will be given.

No rider will be awarded more than one medal per each race.

Riders must complete all laps of the race to receive a medal.

Delaware is an "open" state. If out-of-state residents place 1st through 4th in their age group/Division, they will not take away a medal spot from a state resident.

"Open" state games may qualify the number of state residents specified for each event in addition to the out of state qualifiers. State of residence is an athlete's residence residing in that state for at least 6 months out of the year.

Example:

Same age group and Division;

Rider/residence	Time	OA Place	DE Place
Rider A, MD resident	14:24.0	1	
Rider B, PA resident	15:09.0	2	
Rider C, DE resident	15:16.0	3	1
Rider D, DE resident	15:42.0	4	2

Riders A, B receive 1st and 2nd place medals.

Riders C, D receive 1st and 2nd place medals

Riders C, D do not receive 2 medals for one race.

## COURSE DESCRIPTION

- The track is a 1 mile oval. The 5 Km race is 3 complete laps plus 188 yards.
- The 10 Km race is 6 complete laps plus 376 yards.
- It is the riders responsibility to keep a lap count.
- All races will start in the pit lane and merge counter clockwise onto the track apron at turn 1. The remaining laps of the race will be completed on the apron.
- Never enter the pit road prior to completing the race.

## START TIMES

- Start times are subject to change based on number of entries and Divisions. Final start order will be available at Registration, day of, approximately 30 minutes prior to the start of the first race.
- First race will be the 5 Km at 8:30 am. Followed by the 10 Km and the 1 Mile.
- At the discretion of the Race Director, If a rider is a "no show", all remaining riders will have their start time moved up accordingly.
- A riders briefing will be held approximately 15 minutes prior to the first race.
- Start order will be Division 1, then Division 2, then Division 3. Within each Division, start order will be youngest to oldest age groups men followed by the women in that Division.
- All riders will start one minute apart.
- If you will not race a specific race, even though you signed up for that race, please notify the Race Director at least 30 minutes prior to the start of that race.
- If a rider misses their start time, they will be rescheduled at the discretion of the starter and Race Director.
- There will be approximately 20 minutes between the ending of the first

race, the 5 K, and the beginning of the second race, the 10 K. And approximately 20 minutes between the end of the 10 K and the beginning of the 1 mile race.

## GENERAL INFORMATION

- It is the rider's responsibility to familiarize himself with the rules of the event and the race course before the start of the race.
- Early packet pick up  
Will be available between 6-8 pm on Tuesday, October 11, 2011 at the Hampton Inn, Rte 13, 1568 N. DuPont Hwy, Dover, DE 19901
- Day of Race Sign In/ Packet Pick up  
All riders must sign in the morning of race. Packet pick up with numbers will be available at 7 am.
- All racers and support personnel **MUST** sign a release with Dover International Speedway prior to entry onto the track. DIS personnel will be at Sign In.
- Day of Race Sign in closes at 8:00 am, 30 minutes prior to the start of first race group.
- Race director reserves the right to adjust start time/ cancel/ combine groups, remove riders from the race.
- No one who has not pre-registered for a time trial race may ride a bike on the track.
- If you have not pre-Registered for a race, you can not ride in that race.
- Race is to be held on October 12, 2011. If inclement weather occurs, the rain date of October 13 will be used. All schedule of times remain the same on the rain date.
- If unsure of the weather, contact Cycling Coordinator, Jo Johnson via cell phone, 302-379-6560. It is hoped that a decision can be made between 7 am and 7:15 am morning of race day.
- The Race Director and volunteers will make an effort to clean the riding area, the APRON, of the track of larger debris. Because our event follows a NASCAR race, not all small pebble size debris may be removed. Riders should become familiar with the track surface prior to the first race.

- Prior to the start of the first race, warm up is allowed on the black top, APRON, of the track. DO NOT ride on the sloped, concrete portion of the track. The direction of all riding on the track will be counter clockwise.
- Race Director reserves the right to adjust start time, cancel groups, combine groups, remove riders from the race.
- Helmets **MUST** be worn while on the bike at all times, except while on a stationary trainer or rollers.
- Numbers provided at registration/ packet pick up, must be used, no substitutes. No folding, crumpling or cutting of numbers is allowed. Position numbers on the **RIGHT** side of the jersey with the bottom edge of the number aligned with the jersey side seam. The race director and or timing and scoring officials are not responsible for incorrect number placement.
- Jerseys worn in competition shall cover the shoulders.
- No additional equipment, whether worn over or under a riders uniform which has the effect of reducing wind resistance is permitted, except in inclement weather. Additional covering designed solely to protect against precipitation or cold may be worn. However, the number must be visible if wearing protective clothing.
- Shoe covers are permitted in any conditions.
- Aerobars are permitted for Time Trial events.
- Riders are responsible for mechanical operation and safety of their bicycles.
- No recumbents or fixed gear bicycles are allowed.
- All efforts have been made to make this a safe race but ultimately, each rider is responsible for your own actions.
- Riders shall, of their own responsibility, conform to all rules and regulations.
- No littering. Dover Downs International Speedway has receptacles for trash. Use them. On the bike, use your pockets. If seen littering, 30 second penalty for the first offense. 1 minute penalty for the second offense.

- Restroom facilities are available. Please keep the restrooms clean.
- No alcoholic beverages are allowed.
- Ambulance/ First Aid Support is provided by Kent County Department of Public Safety
- All riders are encouraged to ride the track apron, counter clockwise direction, before the first race start at 8:30 am.

## RACE SPECIFIC INFORMATION

- All races, warm up and cool down laps will be run counter clockwise.
- NO one at any time will ride clockwise on the apron. This includes warm up and cool down laps.
- There will be NO warm up on the track apron once the first race has started. Parking area inside the center of the track is a specific area that can be used for warm up.
- Helmets **MUST** be worn while on the bike at all times, except while on a stationary trainer or rollers.
- Please notify the Holder if you wish to be held.
- Drafting is not permitted.
- When approaching another rider on the track, speak loudly announcing your intent to pass, such as "Passing on your right".
- Every rider will take a cool down lap on the track apron.
- Once a rider finishes a race, continue to ride the apron in a counter clockwise direction, race direction, at a slower pace and staying to the left side of the apron. Cool down riders will not impede other racers continuing to race. Riders must continue around the track on the cool down lap and enter pit lane at the end of the cool down lap.
- If a rider turns left or rides down the pit lane for cool down, following their race. The rider will be automatically disqualified for that race. No exceptions.
- Riders not completing a race will be listed as DNF (Did not Finish). No time will be given. No awards given.

## **DIRECTIONS**

### **From the North**

From I-95, merge onto DE 1 South via exit 4A towards Christiana/Mall Road. Follow Rte 1 South, (toll road) to Exit 104, Scarborough Rd. Following toll, turn left onto US 13 South. Dover International Speedway is approximately 2 miles on your left.

Once enter the grounds, turn right to go around the track to the Monster Mile statue.

### **From the South**

From Maryland, follow US 301 North to Maryland Rte 302 (right turn at mile marker 102). Turn right onto Maryland Rte 454 at Templeville. Rte 454 becomes Rte 8 at the Delaware state line. In Dover, turn left on US 13 North. Dover International Speedway is approximately 2 miles on the right.

Once enter the grounds, turn right to go around the track to the Monster Mile statue.

## **PARKING**

Parking is available at the track at the gate closest to the Monster Mile statue.

## **LODGING**

Fairfield Inn & Suites Dover Hotel, [www.marriott.com](http://www.marriott.com), 302-677-0900

Comfort Inn, [www.comfortinn.com](http://www.comfortinn.com), 302-674-3300

Days Inn Dover Downtown, [www.daysinn.com](http://www.daysinn.com), 302-674-8002

Hampton Inn Dover, [hamptoninn1.hilton.com](http://hamptoninn1.hilton.com), 302-736-3500

Holiday Inn Express Hotel & Suites Dover, [www.hiexpress.com](http://www.hiexpress.com), 302-678-0600

Residence Inn Dover, [www.marriott.com](http://www.marriott.com), 302-677-0777

Sheraton Dover Hotel, [www.starwoodhotels.com](http://www.starwoodhotels.com), 302-678-8500

## SPECIAL ACKNOWLEDGEMENTS

To Dover International Speedway for all the support to enable us to enjoy and race in this great facility.

A big Thank You to Mr. Randy Inglis of The Bike Boutique, and Team TBB Deep Blue for advice and invaluable support to make this a fun event.

A big Thank You to each of the volunteers without whom the event could not have been held. Special thank you to Steve for his handling of Race Director duties and Evan Wrede and their crew of volunteers for handling the on site details.

A very special thank you to my husband, Bill, who puts up with me and comes to my rescue with suggestions, carpenter work, camera work and computer support when I need it most.

Thank you to Delaware Senior Olympics personnel for their support to allow the new ideas to take shape.

And please support those companies who have helped make this a fun event,

The Bike Boutique, Wilmington  
Team Deep Blue, Wilmington  
Peanut Butter & Co, New York  
Massage Envy, Wilmington  
BikeReg.com