



Presented by  
**CT Masters' Games**  
 In Association with  
**Northeast Masters Cycling Association**  
 USA Cycling Permit # 2021-3568  
**Date: Sunday May 23, 2021 Rain or Shine**

*This is a NEMCA series race*



**Time Trial events are Pre-Registration only:**  
 Online registration at <https://www.bikereg.com/>  
 (BikeReg.com standard service fee will be applied).  
 Pre-registration closes 9:00 PM Wednesday, May 19, 2021

***Register Early and Save!! There is a \$5 discount for online entries received by Midnight May 9, 2021***

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**Connecticut Department of Health and Governor's mandates for COVID-19 guidelines will be followed for this event. Please refer to this website for updated guidelines the week prior to the event:**

**<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Latest-Guidance>**

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**2021 CT Masters games events are qualifying events for the 2022 National Senior Games in Ft Lauderdale, FL – May 10 – 23,2022. See the details from NSGA qualifying rules at the bottom of this flyer, or visit:**

**<https://nsga.com/howtoqualify/>**

No race-day entries for the Time Trial are allowed.  
Day-of registration will be available for the criterium, with an additional \$10 day-of fee.  
Number pick-up opens at 8:00 AM. The event is open to competitors from all states.

**Location:** Walnut Hill Park, New Britain, CT

**Disclaimer: It is recommended that you warm up on your trainer or rollers. All roads outside the park are open to traffic and riders assume their own risk when warming up on open roads.**

**Entry Fee:**

\$30.00 for both Time Trials for all age groups. Riders will be given start times for both TT's, but are free to only do the 5K or the 10K  
For cash prize criterium fields (Women 40+, Men 40+, Men 50+) \$15 if combined with TT registration, \$35 if entering criterium only  
For medals award criterium fields (Men Cat5 40+, Men 60+, Men 65+) \$10 if combined with TT registration, \$30 if doing criterium only  
Any additional criterium event is \$10

All USA Cycling rules apply. US DOT or US CPSC approved helmets required. TT bikes or aero bars are allowed for the Time Trials ONLY  
Must have a USAC mass-start legal road bicycle for the criteriums

**USA Cycling Race license required. Annual Race license available online at USA Cycling, or One-day licenses may be purchased during BikeReg registration or onsite for \$10 and are valid for a single day of racing. On-site One-day licenses may only be purchased by Novice (Category 5) Men and Women, for use in races open to those categories.**

**5K Time Trial (3 laps)**

**First rider starts at 9:00 AM**

other riders follow at 30 second intervals. Youngest age groups start first. Categories are:

- Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
- Men 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

**10K Time Trial (6 laps)**

**First rider starts at 10:15 AM**

other riders follow at 30 second intervals. Youngest age groups start first. Categories are:

- Women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
- Men 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Start times for both time trials will be posted May 15<sup>th</sup> by noon at  
[www.northeastmasters.com](http://www.northeastmasters.com)

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### Combined start for 20K or 40K Criteriums

Riders should indicate at the start of each race that they will be doing a 20K race, all other riders are racing 40K

The two races will be run concurrently with the 20K race finishing at the end of the 12<sup>th</sup> lap, the 40K race finishing at the end of the 24<sup>th</sup> lap.

Intermediate 20K results will only be recorded for riders doing the 20K.

Free lap rule applies until five laps to go for the 40K. Repair pit: There will be a pit area for wheels. Race officials will explain rules regarding wheel changes. Wheels in, wheels out. Wheels must be labeled with rider number.

<u>Category</u>	<u>Start Time*</u>	<u>Distance</u>	<u>Field Limit</u>	<u>Prizes</u>
Women 40+ (CAT1-4, Novice)	12:00 PM	20K or 40K	37	cash(2)
Men 65+ (CAT1-4, Novice)	12:01 PM	20K or 40K	37	Medals(1)
Men Novice (Cat )5 40 - 59	1:10 PM	20K or 40K	37	Medals(1)
Men 60+ (CAT1-4, Novice)	1:11 PM	20K or 40K	37	Medals(1)
Men 50+ (Cat 1-4)	2:20 PM	20K or 40K	75	cash(2)
Men 40+ (Cat 1-4)	3:30 PM	20K or 40K	75	cash(2)

(1) Medals for top three for each 5 year age group for 20K or 40K races (20K medals given to riders only doing the 20K event)

(2) Cash prizes, 3 places for 40K race only – based on full field finish (NOT 5 year age groups)

1st	2nd	3rd
\$60.00	\$40.00	\$25.00

#### Race information:

Mitch Favreau - 860-917-5006  
president@northeastmasters.com

Or

Rick Plasky : 860-788-7041  
ctmasters@ctmastersgames.org

CT Masters Games Manager / Assistant Operations  
Connecticut Sports Management Group, Inc.

**CYCLING**  
**5K/10K (Time Trials) (Two Wheel & Trike Recumbent Bikes-TT only) (Non-Fairing)**  
**20K/40K (Road Races)**

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**QUALIFYING RULES - (Please see page 1 for revised Qualification Information)**

1. For 2022, Two Wheel and Trike Recumbent bikes (Non-Fairing) (time trials only) will be classified as an "open" event. Athletes do not need to qualify at a 2021 state qualifier. Recumbent bikes are prohibited in the road race competitions.
2. All first-, second-, third- and fourth-place winners at a 2021 NSGA qualifying games will qualify for the 2022 National Senior Games.
3. Athletes who reside in a state that does not offer a 20K or 40K cycling road race may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Qualifying events must be conducted under the rules for the appropriate event to be used for qualifying. States may conduct a "combined" event, but competitors may not compete in both events when events are combined. Those wishing to collect awards in the 5K or 20K must stop after that portion of the event is complete.
5. Qualifying event must be a stand-alone road race that is not combined with another event (i.e. duathlon, or triathlon).

**ENTRY REGULATIONS**

1. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events.
2. Cyclists qualifying in either the 20K or 40K road races at a qualifying games may enter both road race events.
3. Cyclists must provide their own bicycles and helmets.

**FORMAT**

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than 30 seconds. No allowances will be made for mechanical or other mishaps.
2. Starting order for the time trials is by random selection.
3. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
4. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
5. The road races will be a mass start at pre-determined intervals by age division and gender with combinations when needed. Depending on the structure of the road race course, a neutral start may be utilized.
6. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division.
7. A Minimum and a Maximum distance will be allowed as a qualifier event for the 20K and 40K Road Races. Cycling events at Nationals will be within the range in the chart below.

<u>RACE</u>	<u>Minimum Distance for Course</u>	<u>Maximum Distance for Course</u>
20K	18 K	22 K
40K	35 K	40 K

**SPORT RULES**

1. All cycling events will be conducted in accordance with U.S.A. Cycling rules, except as modified herein. For a copy of these rules, please write or call:

USA Cycling  
210 USA Cycling Point, Suite 100  
Colorado Springs, CO 80919-2215  
(719) 434-4200  
[www.usacycling.org](http://www.usacycling.org)

2. Helmets are mandatory and must conform to USA Cycling regulations.
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear bikes are not permitted. All bicycles must be certified by race officials prior to the competition.
4. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aero bars) are permitted only in the time trial events and not in the road race events.
6. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. In time trial events, no rider shall pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
10. No restarts are permitted.
11. Protests can be made to the competition manager if submitted within 30 minutes of the conclusion of the cyclist's race under protest. Please refer to Item K on page 9 for the Protest Policy which details the procedure.