



## Cycling

- Cycling events are: 5K Timed, 10K Timed 20K and 40 K
- Athletes may only enter one of the timed trials ( 5 or 10)
- The 40K will be the first event followed by the 20K.
- The 5K and the 10K will follow the 20 and 40 with the 10k first followed immediately by the 5K.
- Timed trials will be at one minute intervals
- Riders must have a Bib number in order to compete (same number for all races)
- Cyclists must provide their own bicycles and helmets (helmets mandatory)
- Cyclists qualifying in either the 5k or 10K time trials may enter both time trail events at Nationals.
- Cyclists qualifying in either the 20K or 40K road races may enter both races at Nationals.
- Medals are awarded for the top three finishers in each race in each age division

Sunday September 12<sup>th</sup>  
9:00AM 40K  
CapeAble Bike Shop  
83 Arundel Road  
Kennebunkport