



2008 SAN DIEGO SENIOR SPORTS FESTIVAL

BICYCLE RACES *For riders age 50 and older*



Saturday, Sept 27 –10 MILE HILLCLIMB

At Sunrise Highway 40 miles east of San Diego. 10 mile climb for all riders. Hillclimb presented by San Diego Cyclo-Vets.



Sunday, Sept 28 –10 MILE TIME TRIAL

At Fiesta Island in Mission Bay Park. 4 laps (10 miles) all riders. Time Trial presented by San Diego Bicycle Club.

Gold, Silver, and Bronze medals awarded to men and women in each 5-year age group after each event. Merchandise prizes may also be presented.

Register online at www.sdseniorgames.org or call the Senior Olympics offices at 619-226-1324 to request an entry booklet.

Fees: Senior Sports Festival registration fee is \$25, and covers one cycling event (either the Hillclimb or the Time Trial); fee for second event is an additional \$20. Registrations will be accepted on the day of racing, but a **late fee** of \$5 will be charged in addition to the above fees, and you will start after pre-registered riders. Organizers reserve the right to limit the number of entries to meet venue permit time restrictions.

The Fine Print:

HILLCLIMB, Saturday, September 27

Location: Sunrise Highway on Mount Laguna, east of Pine Valley. From I-8, 40 miles east of San Diego, exit at Sunrise Highway (S-1), and park. (*Thomas Bros., page 430*)

Parking: You may park on Sunrise Highway **only** if you have a Forrest Service "Adventure Pass" or NPS "Golden Age Pass." Otherwise, park on Old Highway 80 south of the Freeway.

Course description: Steady and mostly consistent climb, starting at 4,000 feet climbing to 6,000 feet; average about 5 percent grade, with brief downhill stretch near the top. No section is particularly steep, but the climb offers no rest points - if this were in France, the climb would be rated a Category 1. Good pavement with some debris or rocks possible. Traffic is light, but the road is narrow, so riders must stay to the right. Likely conditions are warm and sunny, so plan on carrying water. For refreshments, a store and a ranger station with water are near the finish.

Record times: For men, 38:23, set by Herb Johnson in 2006. For women, 44:06, set by Cindy Morgan in 2004.

Sign-in: Begins at 8:00 a.m. You will be required to sign a special waiver for the County. Race number should be pinned to the rider's RIGHT side.

Race rules: Only standard bikes allowed (no recumbents, no fixed gear bikes, etc.). Warming up on the course is NOT ALLOWED; nearby roads provide good warm-up area. Arrive at the start line 5 minutes before your scheduled start. Your TIME begins according to the schedule, even if YOU start late. Riders will start at **one minute intervals**. You will be held for the start, unless you request otherwise. DRAFTING IS NOT ALLOWED, and riders must ride to the far right of the road except when passing - violations will result in time penalties or disqualification. The Race Director has discretion to allow a late start if a rider has a legitimate reason for missing the scheduled start time, but once a rider has started, no re-start will be allowed for a mechanical or any other reason. Registration limit: 120 riders.

Start Time and Order: First rider is off at 9:00 a.m. Oldest age groups start first. Start times will be posted near the sign-in table. Late registrants will start after pre-registered riders.

TIME TRIAL, Sunday, September 28

Location: At Fiesta Island in San Diego. From I-5, exit at Tecolote Canyon/Sea World Drive, and go west; turn north at first stop light on East Mission Bay Drive, make first left turn at Fiesta Island, and park in the dirt parking lot. (If filled, parking is available further north on East Mission Bay Drive). (*Thomas Bros., page 1268*)

Course description: Flat and fast, 2.5 mile loop, good pavement, minimal elevation change; 4 laps, with the line-up and start at the entrance, finish chute right before the end; weather can vary, but likely conditions will be overcast early with warming conditions.

Record times: For men, 22:48, set by Craig Jones in 2006. For women, 24:53, set by Adrienne Brian in 2006.

Sign-in: You must sign in. Race number should be pinned to your RIGHT side. Even if you raced in the Hillclimb, you will be given a new race number for the TT.

Race rules: Only standard bikes allowed (no recumbents, no fixed gear bikes, etc.). Warming up on the course is NOT ALLOWED. Arrive at the start line 5 minutes before your scheduled start. Your TIME begins according to the schedule, even if YOU start late. Riders will start at **one minute intervals**. You will be held for the start, unless you request otherwise. DRAFTING IS NOT ALLOWED - violations will result in time penalties or disqualification. Riders will complete 4 laps, staying to the left of the finish chute on the first 3 laps and then passing through the chute on the last lap. Riders are responsible for keeping track of their laps completed. Riders should call out their numbers as they pass through the finish chute. Riders must immediately leave the island after finishing. The Race Director has discretion to allow a late start if a rider has a legitimate reason for missing the scheduled start time, but once a rider has started, no re-start will be allowed for a mechanical or any other reason. Registration limit: 120 riders.

Start Time and Order: First rider is off at 8:00 a.m. Oldest age groups start first. Start times will be posted near the sign-in table. Late registrants will start after pre-registered riders.