

Gay Games Athlete Instructions

**(Cycling Individual and 2-
person Team Time Trial
and Criterium)**

***Race Director:
Angie Ridgel
Snakebite Racing***

Omnium

New to the Gay Games will be a 6th event, the Tour de Gay Game 9, an overall event that will assign points for each race and award medals for each age category for the points leaders after the last race. Each cyclist who registers will also be included in the overall competition. Points will be awarded for each road (ITT, TTT, Criterium, Road) and mountain bike race.

Individual Time Trial (Thursday Aug. 14)- Instructions

- Any road worthy bike can be used for this event (Road, Triathlon, Time Trial, Hybrid, Recumbent, Mountain)
- Individual and team time trials are 10 km out and back courses (same route for both races).
- Course will be closed to traffic.
- A U-turn will be required (at the 5K point) to return to the finish line.
- You can do either the individual time trial, the team only or you can do both.
- Individuals will start at 1 minute intervals starting at 9:00 AM.
- A starting house with ramp and an experienced starter will be available to hold you.
- You are not required to start on the ramp.
- If you chose to start on the road then let the starter know when you line up.
- Please line up at the start house 5 minutes before your start time.
- Start times will be available to you prior to the event.
- Numbers should be pinned on the right side so that they are easy to see by the scorers and the camera (see photo below). Do not crumple the number before you pin it. It is best to have a friend help you or talk to one of the race volunteers.



Team Time Trial (Thursday Aug. 14) Instructions

- Individuals who wish to do the team time trial **MUST** sign up at the Mandatory Athlete meeting on Monday Aug. 11. On-site registrations will not be accepted.
- Team Time Trial is a race with two individuals who trade pulls to maximize speed.
- Individuals will start the team time trial on the road
- We will attempt to give individuals who chose to do both events a 20-30 min break before their team time.
- Individuals in the team time trial will start on the road at 1 minute intervals.
- Team time trial is a 10 km out and back courses (same route for both races).
- Course will be closed to traffic.
- A U-turn will be required (at the 5K point) to return to the finish line.
- You can do either the individual time trial, the team only or you can do both.
- Individuals on a team must cross the finish line together. Please make sure that the person wearing the number is on the right side of the road. If individuals are different ages then the team will be scored in the youngest person's category. If one individual has a license then the team will be scored in the licensed category.
- Please line up at the start house 5 minutes before your start time.
- Start times will be available to you prior to the event.
- Individuals who are doing the team time trial will be given one team number. The person wearing the number should be on the right side of the road. It also helps to yell out your number as you cross the line.

Registration and number pickup: Registration will be between 8-8:45 AM at the pavilion in the South Mastick Picnic Area.

Directions to the venue:

I-480...FROM THE EAST

- exit at Grayton Rd.
- turn left (north) on Grayton Rd. to Puritas Rd. (where Grayton Rd. ends)
- turn left (west) on Puritas Rd.
- travel down into the valley (Rocky River Reservation)
- turn Left onto Valley Parkway and the South Mastick Picnic Area will be on your left.

I-90...FROM THE EAST

- exit at Hilliard Rd.
- turn left (east) on Hilliard Rd. to Wooster Rd.
- turn left (north) on Wooster Rd. to Detroit Rd.
- turn right (east) on Detroit Rd and cross the bridge
- the northern entrance to Rocky River Reservation is on the right.
- Continue on Valley Parkway south about 6 miles until you reach the South Mastick Picnic Area

Metroparks Map is located here:

http://www.clevelandmetroparks.com/Resource.ashx?sn=Rocky_River-map

Athlete Parking: Parking will be available in the South Mastick Picnic Area (just south of Valley Parkway and the Mastick/Puritas intersection. Overflow parking will be North Mastick Picnic area (just north of the Mastick/Puritas intersection). Please note that you will not be able to drive on the race course after the race has started.

Scoring/medals: Medals will be giving out after the last team has completed the course. Please enjoy the park and the vendor tents while you are waiting.

Warm up/cool down: warm up will be allowed on the race course from 8-8:45 AM. After the race has started, athletes can warm up by riding North

on the Valley Parkway. Warming up on the course is not allowed after the race has started. Two magnetic trainers will be available but they will be first come, first serve.

Race Map is located here:

http://www.gg9cle.com/CE/pagecontent/Documents/Events/GG_ITT_Metric.pdf

Sponsors and Race Supporters: Members of Snakebite Racing, BOOM Nutrition, Cleveland Metroparks.

QUESTIONS? Please email race director, Angie Ridgel
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criterium (Saturday Aug. 16)

- Only road bikes are allowed (No Time trial, triathlon, mountain, recumbent or hybrid bikes)
- Three races will be offered and all races will have lap 'primes' (cash and merchandise).
- All women will race together starting at 8:00AM and this race will be 30 minutes in length
- Two men's races will be offered; 45 minutes (starting at 8:45AM) and 60 minutes (starting at 9:45AM). License and unlicensed men 50 and above will race for 45 minutes and License and unlicensed men 18-49 will race for 60 minutes
- Course is partially closed to traffic. Part of the route will have traffic in the opposite lane but police will be present to ensure safety of the cyclists. The start/finish will be closed to all traffic.
- Warming up on the course will be allowed starting at 7:00AM.
- The course will be cleared at 7:45AM. Do not ride the course if you are not racing.
- Crossing the yellow line is STRICKLY forbidden. Be safe.
- Numbers should be pinned on the right side so that they are easy to see by the scorers and the camera (see photo below). Do not crumple the number before you pin it. It is best to have a friend help you or talk to one of the race volunteers.



Primes/Raffles: Criteriums often have prizes (called *primes*, pronounced "preems") for winning specific intermediate laps (for instance, every 10th lap). Primes are a prize or bonus given to the rider who is the first to pass a certain point during a race. When the bell/siren is rung the next person to cross the line will be given the award. We will be giving 1 prime during the women's race (30 mins; 8:00-8:30), 2 during the first men's race (45 mins, 8:45-9:30) and 3 during the 60 min (9:45-10:45) men's race. We will give away some random raffle items. Thanks to local businesses (Breadsmith, Nature's Bin, Harry Buffulo, Blackbird Bakery) who donated items for these awards. Please show them some love during and after the race.

Registration and number pickup: Registration will be between 7-7:45 AM at the pavilion in the parking lot of Papa John's Pizza at Detroit Rd. and Park Row.

Start/Finish: The start finish line will be staged at Park Row and Detroit.

Directions to the venue: Please note that roads will begin to be closed at 6:30AM. Access to the course will be limited for cars at this time. From 90 you can get off at Detroit Rd. and continue east until you reach Sloane Blvd. Turn left on Sloane and continue straight onto Northwood to the McKinley School Parking lot. From Clifton Blvd, you can turn right on West Clifton and then left onto Northwood. From Detroit (east of West Clifton), you can turn into the school parking area.

Athlete Parking: Parking will be available in the McKinley Elementary parking lot on West Clifton Blvd. Please note that you will not be able to drive on the race course after the race has started. Please do not park in business parking lots surrounding the race course.

Partial Road closures: Detroit Road will be closed in both directions to allow for whole road usage for the start/finish. Traffic will be one way (opposite the race) on W. Clifton and Sloane. Andola and Riverside will also be closed to through traffic. Cones/Barriers will be placed on the middle line to ensure rider safety. Do NOT cross the yellow line or you will be disqualified. Police will be staged at each intersection to ensure your safety.

Motorcycle leadout: A motorcycle will be leading each race.

Lapped Riders: If you are lapped by the lead field, you can continue to race but please stay to the right of the road to minimize the chance that you will be a hazard to overtaking riders. After the lead group crosses the finish line, remaining riders will be pulled off the course. Please leave the course as quickly as possible so that we can prepare for the next race.

Scoring/medals: Medals will be giving out after each race, if possible. Please be patient while the scorers calculate the results and enjoy the vendor tents and the local businesses while you are waiting.

Warm up/cool down: warm up will be allowed on the race course from 7-7:45 AM. After the race has started, athletes can warm up by riding the roads that are not part of the race course. We recommend riding in the Rocky River Reservation. Entrance to the reservation can be accessed at Detroit and Sloane Ave. Warming up on the course is not allowed after the race has started. Two magnetic trainers will be available but they will be first come, first serve.

Race Map is located here:

http://www.gg9cle.com/CE/pagecontent/Documents/Events/GG_Lakewood_Criterium.pdf

Sponsors and Race Supporters: Members of Snakebite Racing, BOOM Nutrition, Cleveland Sports Commission, Papa John's Pizza, Blackbird Bakery, Breadsmith, Nature's Bin, City of Lakewood, Lakewood Police, Harry Buffalo Lakewood, Lakewood Chamber of Commerce.

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