



# 2024 NC Senior Games State Finals Cycling Details

September 22, 2024  
NC Highway Patrol Driving Track  
380 East Tryon Road, Raleigh, NC

**\*Do Not enter “Highway Patrol Driving Center” into your GPS,  
enter the address above\***

- The Highway Patrol Training Center and Highway Patrol Driving Track are two different facilities. **Use the address above!**
- Host hotels are available on the [State Finals Information page](#) of the NCSG website.
- There is no shade or concessions available at the venue. Bring a cooler, snacks, lunch, drinks, bike tools, lawn chairs and tents. Pictures of the venue are on the next page of this document and are posted at <https://www.ncseniorgames.org/sf-cycling>
- Restrooms are available in the building directly adjacent to the track. Please help us keep them clean as we share them with our wonderful hosts from the Highway Patrol.
- **IMPORTANT:** there will be **no** lap counters on the course. Riders are responsible for keeping up with their laps. We encourage riders to use a race computer for accuracy. Cyclists who are concerned about keeping up with their laps should bring a friend or relative to serve as their personal lap counter.
- Recumbent and upright races are run concurrently so participants must choose 1 for each race.

## Check-In and the Chip Timing System:

- The facility will open at 7:45 am for registration and 8:00 am for warm-up. Cyclists should check in a minimum of 30 minutes prior to each race's start time. At check-in, each cyclist will be given a small chip that will be attached to the center/top of the helmet. It is about the size of a band aid. **It is imperative that each cyclist bring their helmet with them to the check-in area upon arrival.** We will make sure that it is properly affixed to your helmet before you leave check-in. The timing equipment on the course will record lap times each time you pass through the finish/check point in all three races.

## Event Format and Start Times:

All State Finals Cycling events are individual time trials racing against the clock. Riders will start in one-minute increments and all start times will be published and posted on the NCSG website in mid-September. Publishing the start times close to the event date allows NCSG to remove participants that cancel and eliminate unnecessary wait times. Participants are “called” to the staging area, but it is each rider's responsibility to be at the start line when their start time begins. If you miss the assigned start, we cannot "add you back in" later. If you choose to drop out of any race, please let us know as soon as possible. The event order will be the 1 Mile, 5k, 10k.

- There will be skilled volunteers on-site to manage the event, stage the races, check-in participants and present medals.
- An elite timing team from Precision Race manages all aspects of timing for each race.

## Event Rules:

- Rules not addressed in the NCSG Official Rules Book will be USA Cycling. Please review the Cycling section in the [NCSG Official Rules Book](#) for more details.
- All riders must wear a protective helmet that is properly secured and approved by race officials.
- Shirts or jerseys must be worn in all races and should cover the shoulders.
- All cyclists are responsible for the operation and mechanical safety of their bicycles.
- **Passing during the Race:**
  - A participant overtaking another should pass on the **outside** unless the rider ahead is riding above the sprinters line. A rider who passes another should not in any way impede the progress of the passing rider.
  - In the homestretch on the last lap, the **leader(s) should ride a straight line** parallel to the edge of the track.

### Seeding:

Start times are based on local qualifying times from slowest to fastest times. NCSG is aware that qualifying courses and conditions vary across the state. However, assigning start times by local qualifying times places riders with similar skill levels on the course generally at the same time.

### Course Description:

The Highway Patrol Driving Track is like basic roads in central NC. Some hills and curves going left and right. The course for the 1 mile is different than the course for the 5k and 10k (see map on page 4). The start line is the same for all 3 races and the finish line changes for each race. **Riders must ride under the timing equipment on scaffolding at that finish/check area each lap for their chip to be read properly.**

### Course Photos:



### Practice:

The Highway Patrol Center is only open for our Cyclists 1 day a year for the NCSG State Finals Cycling Competition. We are extremely pleased to have this wonderful facility for our event. It is used exclusively for training Law Enforcement the rest of the year and is not available for practice or use by anyone other than law enforcement any other day of the year.

There are many places to warm up on the day of the competition that are not on the competition course. When crossing the competition course at any time, please **STOP** and look for competitors who are focused on the race not expecting to hit the brakes.

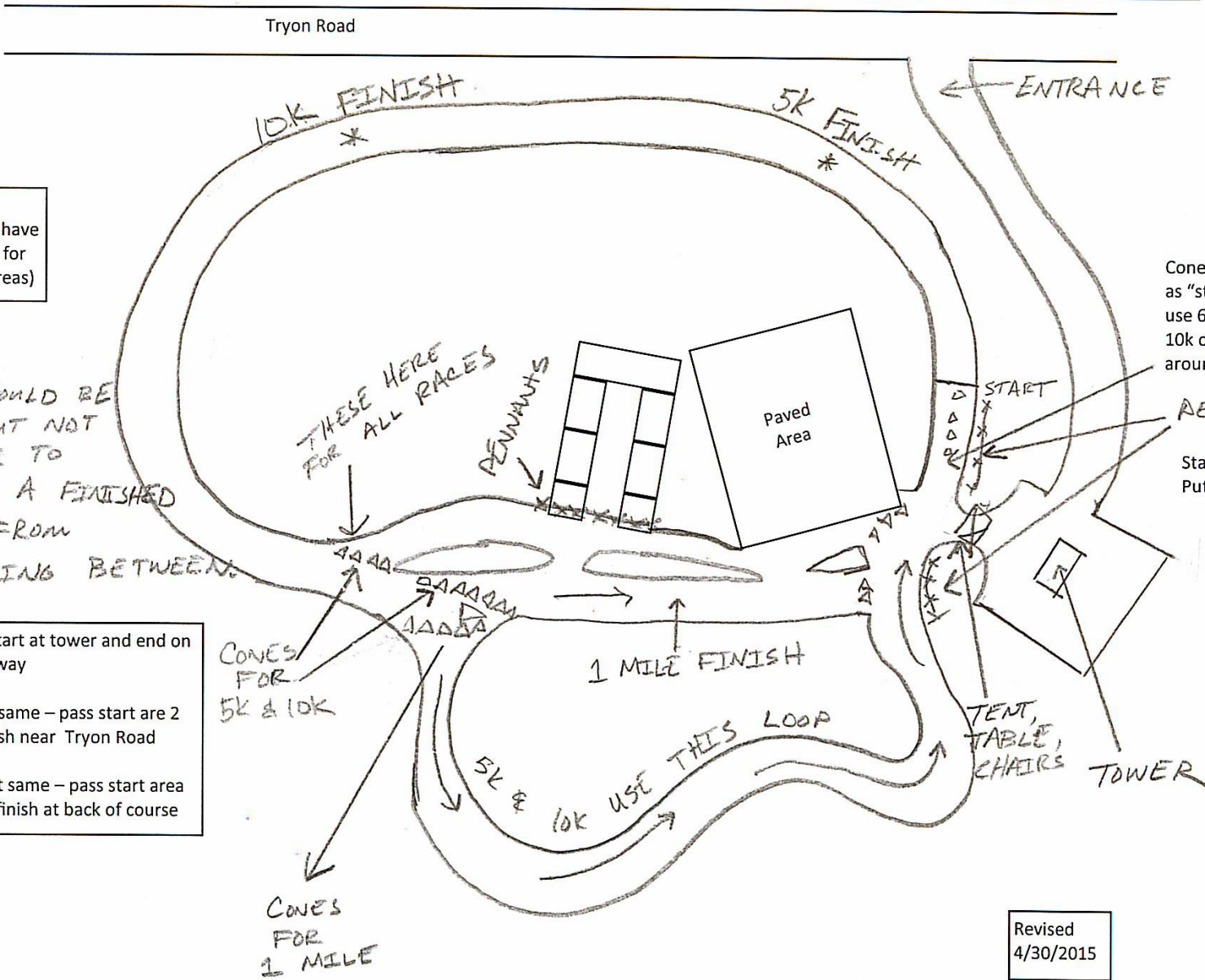
**Results:**

Individual results are available at a kiosk near the start line after each rider finishes each race. Event results are posted on display boards adjacent to the check-in tent at the completion of each race and medals will be presented after results are posted. Medals not picked up will be distributed to Local Coordinators at other State Finals events in the following weeks.

**Course Map: See Next Page**

# Cycling

NC Senior Games Cycling Diagram  
 Location: HWY Patrol Training Ctr, Garner



"Finish Team" (timers, etc) will have a sign and cones for all three finish areas)

CONES SHOULD BE CLOSE, BUT NOT TOO CLOSE TO PREVENT A FINISHED RIDER FROM NAVIGATING BETWEEN

Cones to be used as "start chute" use 6 (sp 5k and 10k cyclists will go around starters)

START for all races, Put sign up here.

Tent with tables and chairs

- 1 Mile – start at tower and end on straight away
- 5k – start same – pass start area 2 times, finish near Tryon Road
- 10k – start same – pass start area 4 times – finish at back of course

CONES FOR 5K & 10K

CONES FOR 1 MILE

Revised 4/30/2015