



TULSA PARKS

175 East 2 Street Suite 570, Tulsa, Oklahoma 74103
(918) 596-2526

September 21, 2009

Dear OSG Cyclist:

Welcome to the 2009 Oklahoma Senior Games cycling event. I have enclosed a map of Mohawk Park and maps for each race. The course is different than in year's past. The cycling event headquarters will be on the north side of shelter #4 beginning at 7:30 a.m. Please give yourself plenty of time to warm-up properly. The main gate at the park entrance will be closed until both races are concluded. To enter the park go west on 36th Street North and turn right (north) on Winston Ave. Follow the road around to Creek Drive (front entrance to Oxley Nature Center) at the triangle head left (north) on Choctaw Drive to shelter #4.

The schedule of events is as follows:

Monday, October 5 - 10k..8:30 am
 20k..9:30 am

Tuesday, October 6 - 5k..8:30 am
 40k..9:30 am

Registration packets will be available at your first event. A picture ID will be required to pick up your packet. Your race number will be on site and can be picked up when you arrive. There is only one race number given out to each participant and it will be used for all the races.

Your race number must be on your left hip and needs to be visible as you approach the finish. All cycling events will be conducted in accordance with the U.S. Cycling Federation rules. Fixed gears and recumbent bicycles are not permitted. Hard shell helmets are required and must conform to USA Triathlon regulations. Aero-bars can be used for the 5k and 10k races, but they must be taken off your bike for the 20k and 40k road races. Riders must stay to the right except when overtaking another rider. No protective shield, faring or other device on any part of the bicycle that has the effect of reducing air resistance, except those allowed by the USCF. In the time trial events, the rider shall be held by an official at the start. Finally, remember there is no drafting allowed for the 5k or 10k races, but it is allowed for the 20k and 40k road races.

All four races are marked on the road at Mohawk Park with bright paint, follow the blue arrows. I strongly urge you to ride these courses before the race day.

Look forward to seeing you. If you have any questions, please feel free to call or email.

Sincerely,

Rhonda Freiner
Cycling Event Director
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