



2019 State Spring Games

Cycling

Location: JBLM (North Fort)

Date: June 1st – 2nd

Time:

- Saturday 8:00am – 3:00pm
- Sunday 8:00am – 3:00pm



Participation: 16 Teams / 190 Athletes / 65 Unified Partners / 16 Coaches / 75 Volunteers

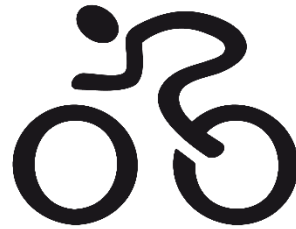
Competition Overview:

Course will be located on roads throughout JBLM, North Fort. Roads will be blocked with checkpoints at each turn. Each competitor will be given a bib # and chip reader assigned specifically to that competitor for tracking their time. Competition will take place on both Saturday and Sunday (See Cycling Schedule). Awards will happen on-site both days upon completion of that day's competitions.

Sport Overview:

Cycling is a fascinating sport that requires good physical condition, balance, endurance and tactics. Special Olympics Washington includes time trial and road race events in different distances. Every athlete riding his/ her bike aims at traveling at the best possible time and arrive at the finish line first. Training in Cycling improves concentration and motor skills while increasing each athlete's general fitness.

Cycling was established at Special Olympics in 1987.



Events offered for Cycling: (Athletes may compete in, up to three events)

- 500 meter Time Trial
- 1 kilometer Time Trial
- 1 kilometer Road Race
- 5 kilometer Time Trial
- 10 kilometer Time Trial
- 5 kilometer Road Race
- 10 kilometer Road Race
- 25 kilometer Road Race
- 40 kilometer Road Race
- 1 kilometer Unified Tandem Time Trial
- 5 kilometer Unified Tandem Time Trial
- 10 kilometer Unified Tandem Time Trial

Learn more about **Special Olympics Cycling** by reviewing the [Rules](#)

Learn more about the **2019 State Spring Games** by going to the [2019 State Spring Games Webpage](#)