

**OUTER BANKS CYCLE RACES & RECREATIONAL RIDE SATURDAY,
SEPTEMBER 28, 2019**



4 RACE DISTANCES

50 Miles - More info to come!

Race Start: TBA

40K (24.8 miles)

Race Start: 7:00 am

20K (12.4 miles)

Race Start: 9:45 am

Racer Wave & Recreational Wave for 20K /40K distances 8 Mile Family

Recreational Ride:

Start time 10:00 am OPEN TO ALL - ROAD RACES/RECREATIONAL RIDERS WELCOME!

IMPORTANT RACE RULES:

Age: 16 and up -(age calculated on day of event)

1. Helmets required –Safety Check your bike before leaving home. Lights recommended.
2. 20 & 40K: Only standard road bicycles will be permitted. Recumbent bikes or other types of bikes are not permitted. Aero bars are not allowed. All bikes ok for recreational ride.
3. Drafting permitted but not encouraged (only those participants with considerable experience in pace lining should consider drafting).
4. 40K-when entering North End Park for start of second lap, this is a NEUTRAL ZONE. No passing/slower speeds. Water bottle exchange available here.
5. Cyclists must stay to the right of the center line as segments of the route will be on roads that will continue to be used by the vehicular public. Cyclists of varying ability will be passing each other going in opposite directions
6. Please pass on the left only. Police and race marshals will be present to ensure best possible safety.
7. Please be prepared to support your own ride. There will however, be a support vehicle on the course and a cannot finish/pickup option.

START/FINISH LOCATION: North End Park 1788 North Highway 64/264

RACE ROUTE:

The 20 & 40K race routes will cross a 2.7 mile bridge over the beautiful Albemarle Sound twice during the 20K race and four times during the 40K race. Motor vehicles will not be permitted on the bridge for the duration of each race. However, it is still mandatory for cyclists to remain to the right of the center line to avoid cyclists approaching from the opposite direction. The 8 Mile Recreational Ride will stay on the Manteo (East) side of the bridge and cover Hwy 64 & neighborhood roads.

PACKET PICK-UP : Saturday, 9/28 6:00 am – 9:30 am Event Site-North End Park

AWARDS:

1. Finisher Medal & T shirt to all participants.
2. Age Group and Results will be posted on the It's Your Race App.
3. Open division ages 16-49 Awards for 1 st /2 nd /3 rd Male and First Female of the 20K and the 40K
4. Senior Division ages 50 + Awards for 1st & 2nd place in each 5yr AG starting with 50-54.