



Cycling Event Overview

INDIVIDUAL & TEAM EVENTS



EQUIPMENT NEEDED



Bicycle

(You can also use an indoor bicycle or stationary bike)

***Bikes with powered assistance are NOT allowed



Timer



Long Distance Measuring Device

You can use your phone, various phone apps, or computer



Helmet

***Helmets are required



Start/Finish Line or Designated Markers

(You can use cones, chairs, a ribbon, etc. You can even use Google Maps to find landmarks that are the correct distance apart!)

INDIVIDUAL EVENTS



500 Meter

1k Race

5k Race

10k Race

25k Race

40k Race

TEAM EVENTS



1k Unified Race

5k Unified Race

10k Unified Race

25k Unified Race

40k Unified Race

Event	Miles	Meters	Feet
1k	0.06	500	1,640
5k	3.00	1,000	3,281
10k	6.25	5,000	16,404
25k	15.5	10,000	32,808
40k	25.0	25,000	82,020

RULES

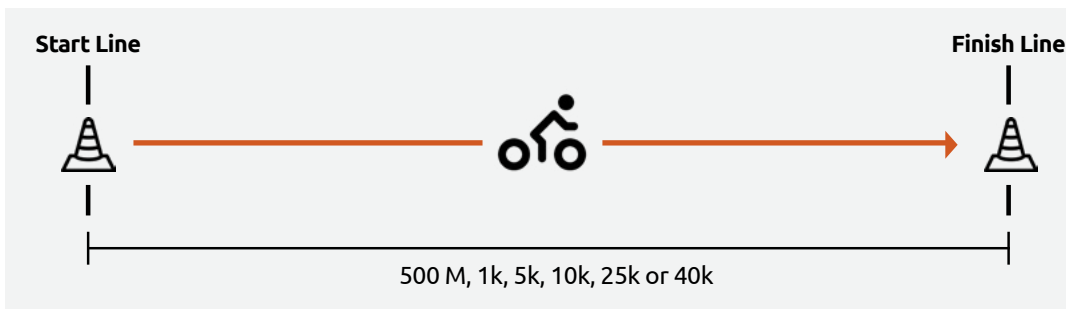
- 1 Measure the distance for the event you are choosing to compete in, and mark or designate a start and finish line
- 2 Use a timer to record how long it takes you to complete the distance
- 3 Mark your individual score on your scorecard (If in a Unified pair, add both individual scores together for a total score)



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

#sowavirtualgames

How fast can you complete a cycling race?



Cycling Event Overview

INDIVIDUAL & TEAM EVENTS

Special
Olympics
Washington

