

Presents
Team Nature's Path/3 Sports Time Trial
 July 18, 2009
Over \$1,000 in Cash & Prizes!
 24K Time Trial



Part of the Virginia Cycling BAR Series
 Held Under USA Cycling Permit

What: A challenging “race of truth”, just you against the clock, conveniently located in Central Virginia. Tired of the same old, flat out and back courses? Well, this is your opportunity to showcase your time trialing expertise on a rural rolling terrain course complete with hills, descents and fast flat straight-aways.

Time Trial

Category	Distance	Start	Fee	Awards
Juniors (10-14) (15-18) *	24K	8:30	\$10	Merchandise
Women 1/2/3/4 & 40+ **	24K	8:30	\$30	\$200/5
Men 5	24K	8:30	\$30	Merchandise
Men 4	24K	8:30	\$30	\$100/5
Men Masters ***	24K	8:30	\$30	\$200/5
Men 1/2/3 ****	24K	8:30	\$30	\$300/5

* Juniors scored separately for BAR points

** Women 1/2/3s, 4s and Masters scored separately for BAR points

*** Men Masters 30+, 40+. 50+ & 60+ scored separately for BAR points

**** Men 1/2 & 3s scored separately for BAR points

- riders start in 30 second increments
- Categories go off in order indicated
- **No sleeveless jerseys allowed**
- Start times will be posted at www.teamnaturespath.com on Friday, July 17th by 11AM

Location: Midlothian, Virginia (suburban Richmond). The event stages from the Clover Hill Athletic Complex.

Directions: Clover Hill Athletic Complex: 17701 Genito Road Midlothian, VA 23112. From I-95 and Downtown Expressway take the Powhite Pkwy. (RT. 76) until you come to the stoplight/intersection of Old Hundred Rd. Take a left onto S. Old Hundred Rd. and go $\frac{3}{4}$ mile to Genito Rd., take a right on Genito Rd. and go 5.3 miles and you will see the complex on your left.

Course Description: <http://www.gmap-pedometer.com/?r=1795397>

The course is a clockwise 15 mile loop starting on Genito Road.

Registration: On www.bikereg.com or mail 2009 USAC Release Form and check made out to Team Nature's Path 10995 Seward Way Mechanicsville, VA 23116. Entries must be received by Wednesday July 15. Online Registration Closes at 7 PM on July 16. Please use USAC 2009 standard release form. Riders under 18 require parent's signature to race. VCA BAR winners will sign up under BAR Winners on BikeReg. **No day of registration.** Registration opens at 7:30AM day of race.

Fees: \$30 for Time Trial (\$10 juniors). Entry fee includes \$3 USAC and \$1 VCA fees (also applies to BAR winner entry).

Rules: All USAC rules apply. Each racer must present a valid USAC annual license. One-day license (Cat5 men and Cat4 women only, \$10 cash or check) will be available for purchase at time of packet pickup. Promoter reserves the right to cancel or combine events if there are less than 10 riders in an event. Races held rain or shine. The course is open to traffic, therefore no warming up on the road. Bring your trainer!

Contact: Visit www.teamnaturespath.com or email Carolyn Goble – Race Coordinator CGoble3862@aol.com.