



Team Nature's Path / 3Sports Cycling Club



3SPORTS

Presents

**The Virginia Cycling Association
Senior State Championship Criterium
June 20, 2009**

Over \$1,500 in Cash & Prizes!

***Part of the Virginia Cycling BAR Series
Held Under USA Cycling Permit # "Pending"***



Event description: All races are VA BAR races, except Cat 5 men. Men's and woman's Category 1, 2, 3 & 4 races are part of the VA State Omnium. Only the Category races are state championship races for this event. Medals are awarded to the top 3 VA residence as state champions. Riders from all states may compete otherwise. Combined races will be scored separately. Promoter reserves the right to combine races based on turnout. Master races are no Cat 5.

Category	Length	Start	Fee	Limit	Awards
Men 5	40 min.	08:00	\$30	50	Medals
Women 4	40 min.	08:55	\$30	50	\$100
Men 4	50 min	09:50	\$30	60	\$100
Men 3	60 min	10:55	\$30	75	\$250
Women 1,2,3	50 min	12:10	\$30	75	\$250
Men 1,2	70 min	01:15	\$30	75	\$500
Women 40+	50 min	02:40	\$30	75	\$150
Men 30+/40+/50+	60 min	03:45	\$30	75	\$250
Juniors (15-18)	30 min	05:00	\$10	50	Medals
Juniors (10-14)	20 min	05:45	\$10	50	Medals

Location: Just west of Richmond, Virginia, near West Creek Parkway exit off route 288. (mapquest: State Hwy 288 & West Creek Pkwy, Henrico, VA 23075).

Directions: From route 288 north or south take West Creek Pkwy "EAST" exit. Follow signs to race parking.

Course Description: 1.5 miles, closed to traffic. Exciting, fast out-and-back section, wide 180 degree turn, two very small climbs, three 90 degree right and one 90 degree left turns. What more could you ask for?! Map on Team Nature's Path website.

www.teamnaturespath.com

Registration: On www.bikereg.com or MAIL 2009 USAC RELEASE FORMS AND CHECKS PAYABLE TO: Team Nature's Path, c/o Dan Trsic, 10995 Seward Way, Mechanicsville, VA 23116. Entry must be received by Wednesday June, 17. Online registration closes midnight June 18. There will be no race day registration. Check in opens at 7:00AM day of race. Please use USAC 2009 standard release form. Riders under 18 require parent's signature to race. VCA BAR winners will sign up under BAR Champion on BikeReg and must wear the champion jersey.

Fees: \$30 all entries except for juniors \$10. Entry fee includes \$3 USAC and \$1 VCA fees. 2008 BAR Winners eligible for one free entry but must pay the USAC and VCA fees. \$15 for a second race.

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. Start time are approximate but no race will start ahead of its scheduled time.

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