

Conquer the Canal Time Trial



Saturday March 30th, 2013

Presented by Fat Frogs Racing

Held under USAC Permit# 2013-693

Category	Start	Length	Prizes/Places	Entry
Juniors 6-9,10-12*	8:00a	6 miles	Medals/3	\$10
Juniors 17-18	8:00a	12 miles	Medals/3	\$10
Juniors 15-16	8:00a	12 miles	Medals/3	\$10
Juniors 13-14*	8:00a	12 miles	Medals/3	\$10
Women 1,2	8:00a	12 miles	150/3	\$30
Women 3	8:00a	12 miles	150/3	\$30
Women 4	8:00a	12 miles	150/3	\$30
Women 45+	8:00a	12 miles	150/3	\$30
Cat 5	8:00a	12 miles	Medals/3	\$30
Cat 4	8:00a	12 miles	150/3	\$30
Cat 3	8:00a	12 miles	150/3	\$30
Cat 1,2	8:00a	12 miles	150/3	\$30
Masters 35+	8:00a	12 miles	150/3	\$30
Masters 45+	8:00a	12 miles	150/3	\$30
Masters 55+	8:00a	12 miles	150/3	\$30
Wounded Warriors	8:00a	12 miles	Series Trophies	\$0

THERE WILL BE NO DAY-OF REGISTRATION or mail in. YOU MUST SIGN UP VIA BIKEREG

Registration will close automatically when race hits 200 entrants. Do not wait as it will fill prior to the listed cutoff date. No double entry allowed due to participant limit. The entry fee includes the \$3 USAC and \$1 VACA fees. 2012 Virginia BAR winners and Wounded Warriors must email promoter following registration and state category. *Juniors 6-14 years old, no TT bikes allowed as per USA Cycling.

Check-IN opens at 7:30 a.m. Events are held rain or shine no refunds. All entrants must have a current USAC license or **MUST** purchase a One-Day License at registration. Riders under 18 years of age are required to have a parent's signature. All USAC rules apply Held under USA Cycling permit. Cat 5's are permitted to race in masters Time Trials. First rider starts at 8:00 AM with 30 second intervals. Racers are responsible for their start times. Please be at the staging area 5 minutes prior to your start time. Start times will be written on the back of your number. All USAC rules for Time Trials apply. Portable toilets will be available onsite. No warming up on course, recommend bringing your trainer. Start times will be sent out Friday March 29. Order of categories is not set and will be listed on start list.

REGISTER ONLINE: BikeReg.com or Annual licenses are available for purchase online at USA Cycling. 2012 VCA BAR winners will sign up under BAR winners at BikeReg. Wounded Warriors must sign up under wounded warrior to receive free registration

Course Directions and Description: A flat, out and back course (u-turn around). Closed to traffic. The course is the old highway 17, now a city park called the Dismal Canal Trail. The start line will be at the northern trail head located at the intersection of Dominion Blvd and Old Route 17 in Chesapeake, VA.

INQUIRIES: Email Glenda Craddock at jcraddock3@cox.net or call 757-226-9745