



The Ed Elliott Memorial Omnium

Natural Bridge, VA - Waynesboro, VA

A Virginia Cycling Association BAR event

Natural Bridge Time Trial, Saturday April 29th

<u>Category</u>	<u>First Rider</u>	<u>Start Time</u>	<u>Distance</u>	<u>Prizes</u>	<u>Places</u>	<u>Field Limit</u>	<u>Fee</u>
Sr. Men 2/3		10:00 AM	15.1 mi.	\$250 cash	10	60	\$25
Sr. Men 4		10:45 AM	15.1 mi.	\$150 cash	10	75	\$25
Women Open		12:00 PM	15.1 mi.	\$200 cash	5	45	\$25
Master Men 40+		12:30 PM	15.1 mi.	\$250 cash	10	50	\$25
Sr. Men 5 (Novice)		1:30 PM	15.1 mi.	medals	10	60	\$25

Mens' Pro/Am race – Stage 6 of the Tour of Shenandoah – 3:00 PM

The Ed Elliott Memorial Criterium, Sunday April 30th

<u>Category</u>	<u>Start Time</u>	<u>Distance</u>	<u>Laps</u>	<u>Prizes</u>	<u>Places</u>	<u>Field Limit</u>	<u>Fee</u>
Sr. Men 2/3	1:00 PM	25 mi.	27	\$250 cash	10	100	\$25
Women Open*	2:15 PM	15 mi.	17	\$200 cash	5	100	\$25
<i>Mens' Pro/Am race – Stage 7 of the Tour of Shenandoah – 3:00 PM</i>							
Master Men 40+**	4:30 PM	20 mi.	22	\$250 cash	10	100	\$25
Sr. Men 4	5:30 PM	20 mi.	22	\$150 cash	10	100	\$25
Sr. Men 5 (Novice)	6:30 PM	15 mi	17	medals	10	50	\$25

*Denotes Categories 1-4

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Category 5 Men age 40 and over MUST race with Sr. Men 5 (Novice)

Time Trial Course Description

Course is 15mi. out and back, generally flat with some rolling hills. Course details available at www.tourofshenandoah.com

Criterium Course Description

Course is 9/10 mi. per lap, wide and with good pavement throughout. Four turns per lap, 80 ft. of elevation gain per lap: 4/10 mi climbing and ½ mi descending. Course profile and map available at www.tourofshenandoah.com

Registration

Save money and register online at www.bikereg.com. **Pre-registration only for time trial.** Race number pick-up will be held on Sat. April 29th at Natural Bridge Visitor's Center/Restaurant from **8:00 AM to 1:00 PM**. Criterium race day registration and number pick-up will be held in the Waynesboro Tourism Building at the corner of Arch Ave. and Main St. Registration closes 30 minutes prior to each event on the schedule. A processing fee of **\$5 applies to all mail-in entries**. A late fee of **\$10 per race** will apply to mail-in entries postmarked after **April 10**, and to all race day registrations on April 30 **with the exception of Cat V Men and Cat 4 Women**. **No mail-in entries postmarked after April 15 will be accepted.**

Mail-in entries to: Tour of Shenandoah

**4900 Three Chopt Rd.
Troy, VA 22974**

*Checks payable to: **Tour of Shenandoah**

Directions to Race Venues:

Natural Bridge Time Trial:

From Interstate 81 NORTH: Take exit 180 (U.S. 11 South) towards Natural Bridge. Number pick up and parking will be at the Natural Bridge Visitors' Center/Restaurant, 3 miles south on U.S. 11 at the intersection with VA 130. Time Trial start is 1-mile from registration/parking.

From Interstate 81 SOUTH: Take exit 175 (U.S. 11 North) towards Natural Bridge. Number pick up and parking will be at the Natural Bridge Visitors' Center/Restaurant, 1 mile north on U.S. 11 at the intersection with VA 130. Time Trial start is 1-mile from registration/parking.

Waynesboro Criterium:

From Interstate 64 (east or west): Take the U.S. 340 exit, and take U.S. 340 (Rosser Av.) NORTH towards Waynesboro. Proceed 2.3 miles to the intersection with U.S. 250. Go straight through traffic light –you will now be on U.S. 250 East (Broad St.) Proceed another 8/10 mile and make a right onto Arch Ave. just past the Fire Station. Parking will be in the Constitution Park municipal lot on Arch Ave.

RULES

- All 2006 USCF rules are in effect
- Novice riders (Category 5 men) may purchase a one-day or annual license from USA Cycling at Number pick-up/Registration to compete. Additional license fees will apply. All riders must have a valid USCF license to race.
- Registration fees include a \$2/per day insurance surcharge and a \$1/per day Virginia Cycling Association surcharge.
- **Omnium Scoring:** Placings in the overall (Omnium) points classification will count for Virginia BAR (Best All-around Rider) points only; **no cash prizes for the points classification, no BAR points for daily race placings.**
- Competition in both days' races **is not compulsory** for overall points classification.
- Cash prizes for the time trial will not be available on April 29; they may be picked up at the Waynesboro Criterium on April 30, or mailed to the place winners in the form of a check.
- Helmets must be worn at all times while on the bike
- Events will be held rain or shine.
- Held under USA CYCLING Event Permit
- **No Refunds.**

More information at www.tourofshenandoah.com or call (434) 977-7146