



The Dismal Dash 40K Road Time Trial

Presented by:
The Chesapeake Cycling Club and City of Suffolk



First Race of the Virginia Cycling Association BAR Series

"Held under USA Cycling event permit"

Sunday, March 18, 2007
White Marsh Shopping Center
1226 White Marsh Road, Suffolk, VA 23434



Registration: Online Registration only at BikeReg.com Registration closes at 1:00 PM on Friday March 16, 2007. **There will be no mail in or race day registration.** Start times will be posted on the [Chesapeake Cycling Club](http://ChesapeakeCyclingClub.com) website at 9:00 PM Friday March 16, 2007.


Race Categories:

Category	Start	Distance	Reg. Entry	Prizes
Junior BAR Categories Boys & Girls	9:01 AM	40K	\$10	Merchandise \$200/3
CAT 5 Men	Follows	40K	\$25	Trophies/3
CAT 4 Men	Follows	40K	\$30	\$200/3
CAT 1/2/3 Women Combined	Follows	40K	\$30	\$200/3
CAT 4 Women	Follows	40K	\$25	Trophies/3
Women 40+	Follows	40K	\$30	\$200/3
Master Men BAR Categories Combined	Follows	40K	\$30	\$200/3
CAT 1/2/3 Men Combined	Follows	40K	\$30	\$200/3
2006 VCA BAR Winners ** See note below			\$3 For registration purposes only	

*****Promoter reserves the right to increase cash prizes based on attendance.**

General Info: First rider starts at 9:01 AM with 1-minute intervals. Racers are responsible for their start times. Pls. be at the staging area 5 minutes prior to your start time. Start times will be written on the back of your number. Entry fees include \$2 USCF and \$1 VCA fee. Unlicensed racers (CAT 5 or Women CAT 4 only) must purchase a one-day license for \$10. Annual licenses are available for purchase online at USA Cycling. **No refunds**, race runs rain or shine. Cat 5 Men are permitted to ride in Masters Time Trials this year. The TT categories are for prize distribution only. Results will be provided to VCA who will award the BAR points. If you have questions regarding VCA BAR points visit their website at <http://www.vacycling.org/>.

****FOR 2006 VCA BAR winners:** Sign up for event under 2006 BAR Winners, entry fee is waived but \$2 USCF and \$1 VCA fee payment is required (\$3). Fill out online registration and email promoter with your DD TT race category.

Packet pick-up: Saturday, March 17, 2007 at All About Bikes, 109 B Gainsborough Sq. Chesapeake, VA btwn 10:30 AM and 2:00 PM. Packets can also be picked up at the race on Sunday btwn 8:00 AM and 11:00 AM. 

All racers must present a valid USCF license (or purchase a one-day if your category qualifies) at time of packet pick-up and sign the USA Cycling release form. Racers under 18 years of age must have parent/guardian signature on release form. One-day license (CAT 5 men and CAT 4 women only) will be available for purchase at time of packet pick-up (**CASH ONLY \$10**). All USCF rules for Time Trials apply. Portable toilets will be available onsite. No warming up on course, recommend bringing your trainer.

Course Description: A flat, out and back course (u-turn around) with only one turn. Course is open to traffic. See attached for [course](#).

Questions to Jeni: ccc_list@cox.net or call (757) 651-2630 **before 8 PM**. Race updates will be provided on CCC Website, www.chesapeakecyclingclub.org.

Click on link for directions to the race: [directions](#)