

VBW SMACKDOWN

BY: Virginia Beach Wheelmen Held under USA Cycling Permit

Location: Sleepy Hole, Suffolk, VA **Saturday, March 15, 2008**

Top 15 finishers in each race will be scored VA BAR Points

Category	Time	Field limit	Distance	Place/Awards	Fee
Juniors 10-14	8:00	40	15 min.	All receive ribbons	\$10
Juniors 15-18	8:30	40	30 min.	Trophies 1/2/3	\$15
Cat 5	9:15	40	30 min.	Trophies 1/2/3	\$20
Women Cat 1-2-3,40+, 4	10:00	50	30 min.	3 places* \$50,\$50,\$50	\$20
Masters 50+ (No Cat 5)	10:45	50	45 min	\$50/3*	\$25
Masters 40+ (No Cat 5)	11:45	50	45 min.	\$50/3*	\$25
Masters 30+ (No Cat 5)	12:45	50	45 min.	\$50/3*	\$25
Cat 4 Men	1:45	50	45 min.	\$100/5	\$25
Cat 3 Men	2:45	60	60 min.	\$150/5	\$25
Men (Pro/1, 2, 3)**	4:00	60	90 min.	\$400/5	\$25

*Cash prizes may increase based on field size. **CAT 1/2 BAR only

Entry Fees include \$2.00 USCF insurance fee. All entrants must have a current USCF license or MUST purchase a One-Day License at registration. Riders under 18 require a parent's signature to race. All USCF rules apply. \$5 late fee for registration day except for junior races. Online registration available at Bikereg.com. Helmets are required for all races; no aero bars. Promoter reserves the right to combine fields if the minimum field size of 15 racers is not met. Women's race has a combined limit of 50 riders.
Course Description: A Blast from the Past. Those racers from the early 90's will remember this one! Course is a fast and flat circuit with two 90 degree bends and two nice left sweepers. Bring the family. Plenty of room to run and right on the water for a spectacular view.

Directions: . **From Virginia Beach:** 64 West to 664 South Exit 9 James River Bridge RT 17

Left turn at Stop light onto Benntts Pasture Rd

Right turn onto Sleepy Hole Rd

Right turn onto Sleepy Hole Park Rd

From Richmond/Williamsburg: Take 64 East to 664 South in Hampton. Travel on 664 South through the Monitor Merrimac Tunnel, and take the first exit after exit the tunnel (College Drive).

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Virginia Beach Wheelmen is sponsored by: All About Bikes, Velocity Sports Performance, Premier Fitness Golds Gym, Ramone Photography, STIHL, Outdoor Impressions, Gam Jams, Ken Rapp from Rose and Womble Reality and SleepyHead Primitives.

Please support businesses that support local cycling.