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Evolution Cycling and The Bike Lane
Presents the 8th Annual
Gold's Gym



RESTON TOWN CENTER

GRAND PRIX



BICYCLE RACES

\$2,700+ in Cash & Prizes

A USCF MABRA & Virginia Cycling Association BAR Event and LAJORS Event
Part of the Proteus/MABRA Cat 3 & 4 Women's Series

Sunday, June 28, 2009

Reston Town Center, Reston, VA

Category	Start Time	Distance	Prize/Places	MABRA Bar	VAC Assoc Bar	LAJRS
Cat 5	7:45 AM	45 min.	Merchandise/5			
Women 4	8:45 AM	45 min.	Merchandise/5	Novice Women	Women Cat 4	15-16
35/50+ *	9:45 AM	60 min.	\$350/7, \$200/5	Masters 35+, 50+	Masters 40 & 50	
Cat 3/4	11:00 AM	60 min.	\$250/5	Senior 3	Cat 3	
Women 1/2/4	12:15 PM	60 min.	\$500/5	Senior Women & Women 3	Women Cat 123	Sr W 19-22 W3 17-18
Women 3			\$200/5			
Cat 4	1:30 PM	60 min.	\$175/5	Novice	Cat 4	
Cat 1/2/3	2:45 PM	75 min.	\$1000/10	Senior	Cat 1, 2	Men 19-22

* Cat 5 Riders are prohibited from entering Masters (age graded) events

COURSE DESCRIPTION: 1.25K 8-turn course through the heart of Reston Town Center. Primarily downhill backside with 3 fast turns. The return to the finish straight is slightly uphill with 2 rapid fire turns with the final turn being only 200m to the finish. This is a fast, technical course with little room for recovery. Free lap applies. For all junior riders (including senior races) gear restrictions will be enforced.

REGISTRATION: Register online at www.BikeReg.com or send signed 2009 USCF standard entry form and check payable to: Evolution Cycling, c/o Chris Conway, 43118 Kingsport Dr, Lansdowne, VA 20176. BikeReg will charge a fee for online registration. Pre-registration closes at midnight June 25th. Registration opens at 7:00 AM and **closes 20 minutes** prior to each race. Entry fee \$30 pre-registered, \$35 if registered after 6/15/09. Junior entry fee is \$5. Second race costs \$15 during pre-registration, \$20 day of race. \$5 unattached rider fee applies except for Cat 5 and Women Cat 4. Entry fee includes \$2 USCF insurance and \$1.50 district association fees. Fields limited to 100 riders except for Cat 5 field limited to 50 riders. No substitutions after 6/25/09 for any reason.

RACE INFORMATION: Additional info at www.evolutioncycling.org, or contact Chris Conway: chrisconway@starpower.net, 703-723-1112. Races run rain or shine. Held under USA Cycling event permit pending.

DIRECTIONS: From all points: From the Capital Beltway (I-495) in Virginia, take the Dulles Toll Road exit off I-495/Capital Beltway. Proceed through toll booth to access local exits. Exit onto Reston Parkway. Merge right on Reston Parkway to New Dominion Parkway (3rd light). Left on New Dominion Parkway into Reston Town Center. Left on Fountain Drive. Follow signs to race parking.

