



& Hilton Cycling Club

Presents the **BARE BONES TRAINING SERIES**

Wed Aug 26 and Sep 2, 9, 16 and 23, 2008
Virginia Beach Sportsplex Criterium Course

Held Under USA Cycling Permit

Category	Distance	Start Time	Fee	Prizes
Kids' Race (9 and under)	1 Lap	6:45	Free	Medals
One Combined Field (Cat 1,2,3,4,5 men and women)	60 Minutes	7:00	\$10	None

Entry Fees includes \$3.00 USCF insurance fee. Field limit - 50 riders. Riders under 18 require parent's signature to race.

Course Description: .7 mile, flat, fast circuit with smooth pavement on Virginia Beach Sportsplex Criterium course.

Registration: Opens at 6:30 pm and closes at 7:00.

Directions: Take I-64 to Indian River Road Exit 286B (east). Just past intersection with Kempsville Road take slight left and continue on Ferrell Parkway. Ferrell merges with Princess Anne Road - continue down Princess Anne to Right on Dam Neck Road. Take left onto Landstown Road and another left into the Sportsplex parking lot.

Entries: Riders can pre-pay for entire 5 race series for \$30.00. Daily entry fee is \$10.00. Kids' race is free. Please use USCF 2009 standard release form. Single number issued for entire series.

Questions: Email dan@rpsd.com

In event of inclement weather: Change in race status will be emailed out to Virginia Cycling list by 4:00 PM. Race is cancelled in event of rain in accordance with permit from City of Virginia Beach. ANSI Z90.4 approved helmets are required for all riders. All USCF rules apply.

Kids' Races Sponsored By

