

## **Go Fast, Turn Left Spring Training Series**

Presented by

SportsQuest

Team Carytown Bicycle Company

Held under USA Cycling permit

**Location:** Southside Speedway 12800 Genito Rd Midlothian VA 23112

**Dates:** Tuesday Evenings March 24th through May 12th, 2009

**Event Times:** Registration/warm-up 5pm-6pm  
Track and Youth Races 6pm-8pm A, B, and C categories  
Open motorpacing 8pm-9pm

**Categories:** A race (Men Road 1-4, Women 1-3)  
B race (Men Road 4-5, Women 2-4)  
C race (Road 5, Women 3-4, and novice riders, gear restricted)

**Course:** 400 meter closed oval track. Race distances vary based on evening's events.

**Field Limit:** 30 per race

**Registration:** on-site only beginning at 5:00 PM

**Entry Fee:** Regular racing nights are free with \$25 per month membership (includes access to races, training time and motor-pacing). Premier race nights are \$3 with membership.

**Weather policy:** No race if the pavement is wet. We will attempt to notify through an email to the VCA listserve, but obviously some of this is out of our control. If a race is ended due to weather – entry will be applied to the next race

**Contact:** Braden Govoni (braden@carytownbicyclecompany.com) 804-440-2453

**Equipment regulations:** For track racing events fixed wheel track bicycles only. Frame must have approved rearward facing "track dropouts". C RACE HAS A 49X16 or 82" RESTRICTION. No restrictions for A or B races. For youth races any bicycle with two working hand brakes is acceptable.