

ID3 2009

THREE CYCLING RACES ON
INDEPENDENCE DAY WEEKEND
IN ROANOKE, VIRGINIA

\$7000 PURSE cash, prizes & primes
HELD UNDER USA CYCLING PERMIT

WWW.ID3RACES.COM



ROANOKE REGIONAL
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COVENTRY
COMMONWEALTH
GAMES
of Virginia



ROANOKE
CYCLING
ORGANIZATION

Jefferson Surgical CLINIC

MILL MOUNTAIN TIME TRIAL FRIDAY JULY 3RD

This classic uphill time trial covers 1.87 miles & 900 ft. elevation gain. Start times based on when you register. Overall fastest man and woman prize for the fastest time of the day.

Fastest Man: Wilderness Adventure weekend
Fastest Woman: Jewells bracelet

First rider off at 6pm with 60 sec. intervals.
Entry fee = \$20 (all categories); Juniors = \$10

Oakey's Course Record Bonus = \$500
(beat 8m29s by Brian Walton, Team Saturn)

SKYPIX
LIVE IT • DREAM IT • CLICK IT

CRITERIUM SATURDAY JULY 4TH

The RCO is bringing back a downtown Roanoke classic, the course from the Tour de Festival. The 6 corner, .7 mile course is technical, with a small uphill and a fast finish.

Category	Start Time	Min	Field	Entry
Kids 4-6	10:00 AM	200M	30	FREE
Kids 7-9	10:15 AM	1 lap	30	FREE
M/W Jr 10-18	11:00 AM	25	50	\$10
M 30+ (1-4)	11:45 AM	45	100	\$30
M 40/50/60+ (1-4)	12:45 PM	45	100	\$30
M Cat 3/4	1:45 PM	45	100	\$30
M Cat 5	2:45 PM	30	50	\$25
W 1-4 / 40+	3:30 PM	50	75	\$30
M Cat 1-3	4:30 PM	75	100	\$30

east coasters
Cycling and Fitness

CRITERIUM SUNDAY JULY 5TH

Same course as 2008, located in the heart of downtown Roanoke, this 5 corner, 3/4 mile course offers fast, long straight-aways and classic brick sections.

Category	Start Time	Min	Field	Entry
M/W Jr 10-18	9:00 AM	25	50	\$10
M 30+ (1-4)	9:45 AM	45	100	\$30
M 40/50/60+ (1-4)	10:45 AM	45	100	\$30
M Cat 3/4	11:30 AM	45	100	\$30
M Cat 5	12:30 PM	30	50	\$25
Kids 4-6	1:00 PM	200M	30	FREE
Kids 7-9	1:10 PM	1 lap	30	FREE
W 1-4 / 40+	1:30 PM	50	75	\$30
M Cat 1-3	2:30 PM	75	100	\$30

ID3 POINTS OMNIUM PAYOUT

MEN 1-3
\$1400 cash & prizes
Omniium payout:
1st \$250 + Gold Medal
2nd \$200 + Silve Medal
3rd \$175 + Bronze Medal
4th \$150
5th \$125
6th \$100
7th \$75
8th prize
9th prize
10th prize
Omniium entry = \$70
Additional Omniium = \$50

WOMEN 1-4/40+
\$1400 cash & prizes
Omniium payout:
1st \$250 + Gold Medal
2nd \$200 + Silve Medal
3rd \$175 + Bronze Medal
4th \$150
5th \$125
6th \$100
7th \$75
8th prize
9th prize
10th prize
Omniium entry = \$70
No additional Omniium available

MEN 3/4
\$1000 cash & prizes
Omniium payout:
1st \$200 + Gold Medal
2nd \$150 + Silve Medal
3rd \$125 + Bronze Medal
4th \$100
5th \$75
6th \$50
7th \$50
8th prize
9th prize
10th prize
Omniium entry = \$70
Additional Omniium = \$50

MEN 30+
\$1000 cash & prizes
Omniium payout:
1st \$200 + Gold Medal
2nd \$150 + Silve Medal
3rd \$125 + Bronze Medal
4th \$100
5th \$75
6th \$50
7th \$50
8th prize
9th prize
10th prize
Omniium entry = \$70
Additional Omniium = \$50

MEN 40/50/60+
\$1000 cash & prizes
Omniium payout:
1st \$200 + Gold Medal
2nd \$150 + Silve Medal
3rd \$125 + Bronze Medal
4th \$100
5th \$75
6th \$50
7th \$50
8th prize
9th prize
10th prize
Omniium entry = \$70
Additional Omniium = \$50

OMNIUM RULES

Must sign up for Points Omniium (and any additional category omniiums) to qualify for payout. NO OMNIUM ENTRIES ACCEPTED AFTER 5:30PM 070309
Top 7 places receive points for each race event: 1st = 7points, 2nd = 6, 3rd = 5, 4th = 4, 5th = 3, 6th = 2, 7th = 1 Total cummlative points for all three races places you in the top 10 places payout. Coventry Commonwealth Games of Virginia medals for top three Omniium winners. No cash payout for Juniors or Men 5, however, top 3 CG medals

ENTRY/REGISTRATION AT WWW.ID3RACES.COM

Winnings, Prizes, Medals: Must register for all three races to qualify for any payout (except primes) NO PAYOUT FOR INDIVIDUAL RACES, ONLY POINTS OMNIUM!
No cash payout for Juniors or Men 5. Top 3 Games medals for each VA BAR category on each race day.

Entry Fees: Omniium = \$70 for Mens 30+; Mens 40/50/60+, M 3/4, Men 1-3, W 1-4/40+

Additional Omniium = \$50 (Mens 30+; Mens 40/50/60+, M 3/4, Men 1-3, W 1-4/40+) Juniors Omniium = \$30 and Men Cat 5 Omniium = \$60. Individual race entry listed above in schedule. Additional race per day per category = \$20. USCF license required = www.usacycling.org VA BAR points all qualifying categories= www.vacycling.org

Registration: Online at: www.bikereg.com (search ID3) \$6 same-day registration fee (N/A to Men Cat 5, Women Cat 4, 1-day license or Juniors).

Individual race day entry as stated above is full price for first race per day. NO Mail-in entries, refunds, entry swapping or selling.

Entry fee includes \$3 USAC and \$1 VCA fees. 2008 BAR Winners eligible for one free Omniium entry or individual race, must wear jersey and pay the USAC and VCA fees; second race entry fee applies.

CONTACTS

Race Director (registration, course details, administration) Ron Glowczynski: racedirector@roanokecycling.org 540.580.7284

Marketing Director (sponsorship) & USCF (officials): Bob Bowman: bob.bowman@roanokecycling.org 540.529.9151

Volunteer Guru Warren Schimizzi: bicyclesoup@cox.net 540.588.4114

VAS / Commonwealth Games Lauren McMillan: lmcmillan@commonwealthgames.org 540.343.0987

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"ROANOKE'S MILLIONAIRES CLUB"

