

VBW SMACKDOWN

BY: Virginia Beach Wheelmen Held under USA Cycling Permit
Location: **Sleepy Hole, Suffolk, VA** Saturday, March 14, 2009

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

CATEGORY	TIME	FIELD LIMIT	LENGTH	PRIZES/ PLACES	FEE
Cat 5	9:00	40	45 min	Trophies/3	\$20
Juniors 10-14	10:00	40	20 min	Trophies/3	\$15
Cat 4	10:30	50	60 min	\$150/3	\$20
Juniors 15-16	11:45	40	30 min.	Trophies/3	\$15
Cat 3	12:30	60	60 min	\$200/3	\$20
Women Open	2:00	50	45 min	\$150/3	\$20
Pro/1/2/3	3:00	60	75 min	\$400/5	\$20

Entry Fees include \$3.00 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. A \$2.60 fee will be assessed for all online entries through BikeReg. 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.

Course Description: 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: Directions can be found on Google Maps by searching for: 4700 Sleepy Hole Rd, Suffolk, VA 23435 (Sleepy Hole Park)

Parking will be available in designated parking areas. Please do not park on the road leading to the course.

For additional info contact: Joshua Goyet at (757)515-5940 Email: vbwheelmen@cox.net

Virginia Beach Wheelmen is sponsored by: **All About Bikes, Atlantic Performance Training, Premier Fitness Gold's 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.**