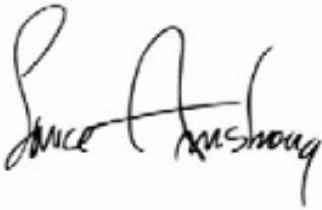




The 2009 Tyson's Corner Circuit Race

A Lance Armstrong Junior Olympic Race Series Event
 Part of the 2009 MABRA Mid-Atlantic Women's Cat 3&4 Race Series
 In Vienna, Virginia at West Park in Tyson's II
 Sunday April 5, 2009



START

Time	Starting Field	Time	Prize	Places
8:00 AM	Cat 5	30 Mins	Trophies/Medals	3
8:45 AM	Juniors 15-18	30 Mins	Trophies/Medals	3
9:30 AM	Juniors 10-14	30 Mins	Trophies/Medals	3
10:15 AM	Masters 50/60+ (No Cat 5)	60 Mins	\$250.00/\$250.00	5/5
11:30 AM	Cat 4	60 Mins	\$250.00	7
12:45 PM	Women 4	45 Mins	\$250.00	5
1:45 PM	Masters 35+(No Cat 5)	60 Mins	\$350.00	7
3:00 PM	Women 1/2/3*	60 Mins	\$350.00/\$250.00	6/5
4:15 PM	Pro 1/2/3	75 Mins	\$500.00	10

COURSE DESCRIPTION: 1.1mile loop with three turns; a sweeping downhill and a big-ring uphill finish with a kicker in the last 50 meters. The course is wide and fast with an excellent road surface. Many breakaways have succeeded in previous editions. **THERE IS NO FREE LAP AT ANY TIME!** EMT's from Fair Oaks Volunteer Fire & Rescue will be present.

FIELD LIMITS: 100 for all races, except 50 for Men's Cat 5, Women's 4 and Juniors' races. *Cat 3W in the Women 1/2/3 race will be scored separately for the Cat 3W MABRA BAR. **Entry fee: \$20.00** all races, except juniors. **Junior entry fee is \$10.00.** Juniors' second race is free (rebated at race site)! Race day late fee: \$7. Unattached fee: \$5 (except M5 and W4 and Juniors). Race is held rain or shine. **NO REFUNDS. USA CYCLING EVENT PERMIT PENDING.**

JUNIOR GEAR RESTRICTIONS: Juniors must use restricted gears in ALL RACES regardless of category.

DIRECTIONS: From the 495/95 Capital Beltway, take Route 123 South. Turn right onto Tyson's Boulevard (as if going to Tyson's II Shopping Mall). Turn right onto Galleria Drive. Course is on Jones Branch, Westpark, and Westbranch Drive. **Park only in the designated parking area at 8000 Westpark Drive. There is no warming up or cooling down on course: bring a trainer.** Please be considerate of our hosts at West Park, Tyson's Corner. NCVC has zero tolerance for public urination, obstruction of traffic, and obscenity.

ENTRIES: Online at www.bikereg.com (Online registration closes midnight April 2, 2009.)

For more information visit: www.ncvc.net or email regtysons@yahoo.com OR call (703) 772-5943 ~ no calls after 9:00 p.m.

Registration opens 6:45 a.m. and closes 15 minutes prior to scheduled start time.

No private buying, selling or swapping of entries.



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