



Presents

Team Nature's Path / 3 Sports Circuit Race

June 19, 2010

Over \$1,400 in Cash & Prizes!

Part of the Virginia Cycling BAR Series

Held Under USA Cycling Permit # "Pending"



Event description: All races are VA Bar races, except Cat 5 men. Promoter reserves the right to combine races based on turnout. No Cat 5 in Masters race.

Category	Length	Start	Fee	Limit	Awards
Men 5	15 miles	08:00	\$30	50	Medals
Women 4 /40+ *	25 miles	08:55	\$30	50	\$25/20/15/10/5
Women 1,2,3 *	25 miles	08:55	\$30	50	\$25/20/15/10/5
Cat 3	30 miles	10:30	\$30	75	\$75/60/50/40/25
Cat 4	30 miles	12:00	\$30	75	\$75/60/50/40/25
Cat 1,2,3**	40 miles	01:30	\$30	75	\$150/125/100/75/50
Juniors (10-14)	10 miles	03:30	\$10	50	Medals
Juniors (15-18)	10 miles	03:30	\$10	50	Medals
Men 30+/40+***	30 miles	04:20	\$30	75	\$75/60/50/40/25

* Women's race has a combined field of 50

**Bar points for Cat 1, 2 only

***Bar points for the top 15 places

Location: The Meadows is a brand new venue for the Richmond, VA market. It is the birthplace of Secretariat and now the home of the Virginia State Fair. We will have concessions with warm food available and plenty of indoor restrooms.

Directions: The Meadows is 20 miles north of Richmond, VA and 75 miles south of Washington, DC off I-95 at Exit 98. The venue is 1/2 mile past King's Dominion on your left if you are traveling from I 95. Address is 13111 Dawn Boulevard, Doswell, VA 23047. There will be plenty of signs directing you to the venue.

Course Description: 1.4 miles, closed to traffic, with all new pavement. There are 9 - 90 degree turns. This will be one of the most challenging courses you will do this year. It has everything you could want in a circuit race, wide open super fast sections, a nice hill and some very technical sections.

Registration: On www.bikereg.com or MAIL 2010 USAC RELEASE FORMS AND CHECKS PAYABLE TO: Team Nature's Path, c/o Dan Trisic, 10995 Seward Way, Mechanicsville, VA 23116. Entry must be received by Wednesday June, 16. Online registration closes at 9 PM June 17. THERE WILL BE A \$10 DAY OF REGISTRATION FEE. No late fee for Juniors, Cat 5 men or Cat 4 women. Check in opens at 7:00AM day of race. Registration closes 20 minutes prior to each race. Please use USAC 2010 standard release form. Riders under 18 require parent's signature to race. VACA BAR winners will sign up under BAR Winners on BikeReg.

Fees: \$30 all entries except for juniors \$10. Entry fee includes \$3 USAC and \$1 VACA fees. 2009 BAR Winners eligible for one free entry but must pay the USAC and VCA fees.

Rules: All USAC rules apply. ANSI approved helmets required for all riders. Each racer must present a valid USAC license. One-day license (Cat5 men and Cat4 women only, \$10 cash or check) will be available for purchase at time of packet pickup. Promoter reserves the right to cancel or combine events if there are less than 10 riders in an event. Races held rain or shine. Start time are approximate but no race will start ahead of its scheduled time.

Contact: Visit www.teamnaturespath.com or email Carolyn Goble – Race Coordinator CGoble3862@aol.com.