



Conquer the Canal Time Trial

Presented by

Fat Frogs Racing

Chesapeake, VA

Saturday, April 10, 2010

Online Registration Closes

Wednesday, April 07, 2010 at 9:00 PM ET

CATEGORY	DISTANCE	START TIME	FEE	PRIZES
Cat 1, 2	12 miles	8:00 AM	\$30	\$150/3
Cat 3	12 miles	8:00 AM	\$30	\$150/3
Cat 5	12 miles	8:00 AM	\$30	Medals/3
Cat 4	12 miles	8:00 AM	\$30	\$150/3
Juniors 10-12	6 miles	8:00 AM	\$10	Medals/3
Juniors 13-14	12 miles	8:00 AM	\$10	Medals/3
Juniors 15-16	12 miles	8:00 AM	\$10	Medals/3
Juniors 17-18	12 miles	8:00 AM	\$10	Medals/3
Masters 30+	12 miles	8:00 AM	\$30	\$150/3
Masters 40+	12 miles	8:00 AM	\$30	\$150/3
Masters 50+	12 miles	8:00 AM	\$30	\$150/3
Masters 60+	12 miles	8:00 AM	\$30	\$75/3
Women 1, 2, 3	12 miles	8:00 AM	\$30	\$100/3
Women 4	12 miles	8:00 AM	\$30	\$75/3
Women 40+	12 miles	8:00 AM	\$30	\$75/3
2009 Bar Winners ***See Note	12 miles	8:00 AM	\$0	Varies

Total number of participants will be limited to 180 No double entry allowed to allow more participation

REGISTER ONLINE: BikeReg.com or MAIL 2010 USCF RELEASE FORMS AND CHECKS PAYABLE TO: Fat Frogs Racing c/o Donna Christopher 600 Montauk Lane #302 Chesapeake, VA 23320. Entry must be received by Wednesday, April 7th and before event fills. Annual licenses are available for purchase online at USA Cycling. 2010 VCA BAR winners will sign up under BAR winners at BikeReg. Entry fees include \$3 USCF and \$1 VCA fee. Unlicensed racers must purchase a one-day license for \$10. Annual licenses are available for purchase online at USA Cycling. All cyclist must wear a helmet at all times except while on the trainer and no sleeveless jerseys (must cover shoulders). THERE WILL BE NO DAY-OF REGISTRATION. YOU MUST SIGN UP VIA BIKEREG OR SNAIL MAIL. You will be emailed a start time Friday April 9th. *****FOR 2009 VCA BAR winners:** Sign up for event under 2009 BAR Winners, entry fee is waived. Fill out online registration and email promoter dmchristopher@cox.net with your TT race category.

Check-IN opens at 7:00 a.m. Events are held rain or shine no refunds. All entrants must have a current USCF license or MUST purchase a One-Day License at registration. Riders under 18 years of age are required to have a parent's signature. All USCF rules apply Held under USA Cycling permit "pending". Cats 5's are permitted to race in masters Time Trials. First rider starts at 8:00 AM with 30 second intervals. Racers are responsible for their start times. Please be at the staging area **5 minutes** prior to your start time. Start times will be written on the back of your number. All USCF rules for Time Trials apply. Portable toilets will be available onsite. No warming up on course, recommend bringing your trainer.

Course Directions and Description: You can Google Dismal Canal Trail or follow this link http://www.chesapeake.va.us/services/depart/park-rec/pdf/dismal_swamp_canal_trail.pdfA flat, out and back course (u-turn around). Closed to traffic. The course is the old highway 17, now a city park called the Dismal Canal Trail. The start line will be at the northern trail head located at the intersection of Dominion Blvd

and Old Route 17 in Chesapeake, VA.

INQUIRIES: Email DMCHRISTOPHER@COX.NET OR call 757-773-3195

Fat Frogs Racing is sponsored by:
Jakes BBQ, Cedar Chiropractic Center, Caris Construction, GU,
Surf & Adventure, Bodies in Balance Massage & Yoga,
Fat Frogs Bike & Fitness Virginia Beach & Fat Frogs Bike & Fitness Chesapeake
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