



Dismal Dash Time Trial
 Presented by:
All About Bikes Racing & City of Suffolk



Virginia Cycling Association BAR Series

"Held under USA Cycling event permit 2010-XXX"

Sunday, March 14, 2010

White Marsh Shopping Center

1226 White Marsh Road, Suffolk, VA 23434



Registration: Online Registration only at register@BikeReg.com Registration closes at 1:00 PM on Friday March 12, 2010. There will be no mail in or race day registration. Start times will be posted on the [All About Bikes](http://AllAboutBikes.com) website 9 AM Saturday, March 13, 2010.

Race Categories:

Category	Start	Distance	Reg. Entry	Prizes
Junior BAR Boys & Girls (10-14)	9:01 AM	20K	\$10	Medals/3
Junior BAR Boys & Girls (15-18)	Follows	40K	\$10	Medals/3
CAT 5 Men	Follows	40K	\$30	Medals/3
CAT 4 Men	Follows	40K	\$30	\$50/3
CAT 1/2/3 Women Combined	Follows	40K	\$30	\$75/3
CAT 4 Women	Follows	40K	\$30	Medals/3
Women 40+	Follows	40K	\$30	\$50/3
Masters 30+	Follows	40K	\$30	\$50/3
Masters 40+	Follows	40K	\$30	\$50/3
Masters 50+	Follows	40K	\$30	\$50/3
Masters 60+	Follows	40K	\$30	\$50/3
CAT 1/2/3 Men Combined	Follows	40K	\$30	\$125/3
2009 VCA BAR Winners ** See note below			\$4 For registration purposes only	

General Info: Champion Chip timing provided by [Kale Running](http://KaleRunning.com). First rider starts at 9:01 AM with **30 second intervals**. Be at the staging area 5 minutes prior to your start time. Start times will be written on the back of your number. If you miss start, your time will not be adjusted. Entry fees include \$3 USCF and \$1 VCA fee. Unlicensed racers (CAT 5 or Women CAT 4 only) must purchase a one-day license for \$10. Annual licenses are available for purchase online at USA Cycling. **No refunds**, race runs rain or shine. Cat 5 Men are permitted to ride in Masters Time Trials. The TT categories are for prize distribution only. Results will be provided to VCA who will award BAR points. If you have questions regarding VCA BAR points visit their website at [Virginia Cycling Association](http://VirginiaCyclingAssociation.com).

*****FOR 2009 VCA BAR winners:** Sign up for event under 2009 BAR Winners, entry fee is waived but \$3 USCF and \$1 VCA fee payment is required (\$4). Fill out online registration and email promoter at aabracing@gmail.com with your DDTT race category.

Packets can only be picked up race day on Sunday, March 14, 2010 beginning at 8 AM.

All racers must present a valid USCF license (or purchase a one-day if your category qualifies) at time of packet pick-up and sign the USA Cycling release form. Racers under 18 years of age must have parent/guardian signature on release form. One-day license (CAT 5 men and CAT 4 women only) will be available for purchase at time of packet pick-up (**CASH ONLY**). All USCF rules for Time Trials apply. Portable toilets will be available onsite. No warming up on course, trainers recommend.

For Course Description: A flat, out and back course (u-turn around) with only one turn.

Questions: Email Race Sponsor at aabracing@gmail.com.

Thanks to Perry & Associates for allowing us to use the White Marsh Plaza

