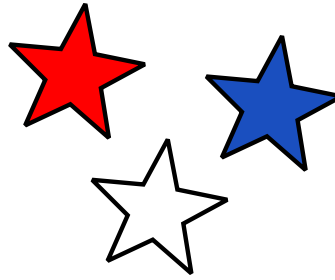


2010 ID3

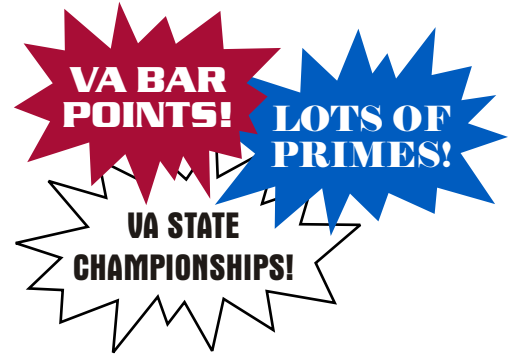


\$5000
PURSE

cash,
prizes &
primes

HELD UNDER USA CYCLING PERMIT

INDEPENDENCE DAY ROANOKE RACES



AGE-GRADED VIRGINIA STATE CHAMPIONSHIP

MILL MOUNTAIN TIME TRIAL SATURDAY JULY 3RD

Challenge yourself with this classic uphill time trial that covers 1.87 miles & 900 ft. elevation gain up to the Roanoke Star.

First rider off at 11am!

Entry fee = \$25 (all categories); All Juniors = \$10

Wilderness Adventure Weekend
prize for fastest man and woman!

\$300 Oakey's Course
Record Bonus

(break Brian Walton's record of 8m29s!)

CRITERIUM

SUNDAY JULY 4TH

Located in the heart of downtown Roanoke, this 5-corner, ¾ mile course offers fast, long straight-aways and classic brick cobbles.

Category	Start Time	Length	Field	Entry
M/W Jr 10-18	0900 am	25min	50	\$10
M 40+ (1-4)	0945 am	45min	100	\$32
M Cat 5	1045 am	30min	50	\$25
M Cat 3/4	1130 am	45min	100	\$32
Kids 4 & under	1230 am	100M	30	FREE
Kids 4-6	1235 am	200M	30	FREE
Kids 7-9	1240 am	1 lap	30	FREE
W 1-4 / 40+	0100 pm	50min	75	\$32
M Cat 1-3	0215 pm	75min	100	\$32

SENIOR VIRGINIA STATE CHAMPIONSHIP

CRITERIUM

MONDAY JULY 5TH

Downtown Roanoke's legendary criterium is a 6 corner, ¾ mile, "L" shaped, technical course modified with an added section.

Category	Start Time	Length	Field	Entry
M/W Jr 10-18	0900 am	25min	50	\$10
M 40+ (1-4)	0945 am	45min	100	\$32
M Cat 5	1045 am	30min	50	\$25
M Cat 3/4	1130 am	45min	100	\$32
Kids 4 & under	1230 am	100M	30	FREE
Kids 4-6	1235 am	200M	30	FREE
Kids 7-9	1240 am	1 lap	30	FREE
W 1-4 / 40+	0100 pm	50min	75	\$32
M Cat 1-3	0215 pm	75min	100	\$32

ID3 POINTS OMNIUM

Qualifying categories: Men 1-3, Women 1-4/40+, Men 3/4, Men 40+; Men Cat 5

Omnium Points Distribution: 1st = 7 points, 2nd = 6, 3rd = 5, 4th = 4, 5th = 3, 6th = 2, 7th = 1

Omnium Payout: 1st(\$200), 2nd(\$150), 3rd(\$125), 4th(\$100), 5th(\$75), 6th (\$50), 7th(\$50), 8-10th(prizes) for all above categories except Men Cat 5 (CG Medals only)

Omnium Entry Fee: \$80 for three races (additional omnium \$55)

Must register for ID3 Points Omnium (and any additional category omniums) prior to the first scheduled race to be eligible for payout. Total cumulative points for all three races determines overall 10 place payout. Coventry Commonwealth Games of VA medals for top three Omnium winners for each category.



GENERAL INFORMATION

Register at www.id3races.com

Registration: Online only. \$6 same-day registration (n/a to Men Cat 5, Women Cat 4, any 1-day license or Juniors). NO mail-in entries. NO refunds. NO entry swapping. NO selling. Entry fee includes \$3 USAC and \$1 VCA fees. 2009 VA BAR winners eligible for one (1) free Omnium entry or individual race. Must wear VA BAR jersey to qualify for reimbursement (entry fee minus USAC and VCA fees). Same discount applies on any additional race entry (individual or omnium).

*** On-site registration closes 30 minutes prior to your scheduled event for both individual and Omnium races ***

Winings, Prizes, Medals: Omnium entrants must register for all three races to qualify (see ID3 Points Omnium rules above).

NO PAYOUT FOR INDIVIDUAL RACES, ONLY ID3 POINTS OMNIUM! No cash payout for Juniors or Men Cat 5. CG Medals to top three in each race.

VA BAR: All categories scored as stated in rules at www.vacycling.org (Men Cat 3 earn VA BAR points in Cat 3/4 race only)

VA State Championship: Championship medals awarded to eligible categories (below) for time trial (07.03.2010) and criterium (07.05.2010) Rules at www.vacycling.org

Entry Fees: Omnium = \$80 for Men 1-3, Women 1-4/40+, Men 3/4, Men 40+; additional omnium = \$55; Juniors and Men Cat 5 register for individual events, individual race entry fees listed above in schedule. Additional individual race per day per category = \$22. Valid USAC license required for all participants.

First time racers require a One-Day License per day. Visit www.usacycling.org for more info or to become a member!

VA STATE CHAMPIONSHIPS

Age-Graded Hillclimb Time Trial (07.03.2010)

Masters 30 (30-39), Masters 40 (40-49), Masters 50 (50-59), Masters 60+ (60-99), Women 40+, Junior Men 10-12; 13-14, 15-16, 17-18; Junior Women 10-14, 15-18

Senior Criterium (07.05.2010)

Men Cat 1,2; Men Cat 3; Men Cat 4; Women Cat 1,2,3; Women Cat 3; Women Cat 4



CONTACTS

Race Director (registration, course details, administration) Ron Glowczynski racedirector@roanokecycling.org 540.580.7284

Marketing Director (sponsorship) & USCF (officials): Bob Bowman bob.bowman@roanokecycling.org 540.529.9151

Volunteer Gurus: Warren Schimizz bicyclesoup@cox.net 540.588.4114; Skip Huffman skip2ride@gmail.com 540.400.4854

VAS / Commonwealth Games: Lauren McMillan lmcmillan@commonwealthgames.org 540.343.0987

