



2010 Langley Speedway Criterium and Track Racing
Sunday April 11, 2010 Langley Speedway Hampton Virginia
Over \$2000 in cash and prizes

Time	ROAD CATEGORY	Distance	Fee	Prizes/Places
8:00 am	Juniors 10-12 13-14	20 Min	\$10	Medals/3
8:30 am	Juniors 15-16 17-18	30 Min	\$10	Medals/3
9:15 am	Cat 5	40 Min	\$25	Medals/3 Prizes
10:10 am	Cat 4	50 Min	\$25	\$300/5
11:15 am	Cat 3	60 Min	\$25	\$300/5
12:30 pm	Masters 30+	50 Min	\$25	\$300/5
1:35 pm	Women 1,2,3	45 Min	\$25	\$200/3
	Cat 4	45 Min	\$25	\$100/3
	40+	45 Min	\$25	\$100/3
2:45 pm	1,2,3	75 Min	\$25	\$300/5

Time	TRACK CATEGORY	Distance	Fee	Prizes/Places
4:15	B Unknown	10 Min Max	\$10	\$25 First Place
4:35	A Unknown	15 Min Max	\$10	\$25 First Place
5:05	B Scratch	10 Laps	\$10	\$25 First Place
5:30	A Scratch	10 Laps	\$10	\$25 First Place
5:45	B Win and Out	10 Laps	\$10	\$25 First Place
6:00	A Win and Out	10 Laps	\$10	\$25 First Place

REGISTRATION opens at 7:30 a.m. and closes 15 minutes before the start of each race. Events are held rain or shine. All start times are approximate. All entrants must have a current USCF license or MUST purchase a One-Day License at registration. Entry fees include \$3 USCF and \$1 VCA fee. Annual licenses are available for purchase online at USA Cycling. Riders under 18 years of age are required to have a parent's signature. Helmets are mandatory in all events. No aero bars permitted. All USCF rules apply. Field limit in all races is 75 riders except Cat 5 which is 50 riders. Women's race has a combined limit of 75 riders. No Cat 5's in Masters race. Promoter reserves right to combine fields if less than 10 riders are entered. Held under USA Cycling permit "pending".

***Track:** B races are for beginner racers if you race on the road as (or above) a CAT 4 man or CAT 3 woman please only sign up for the A track events. Track legal bikes with horizontal rear-facing dropouts only. **NO FIXED GEAR CONVERSIONS!!!**

REGISTER ONLINE: BikeReg.com Online registration closes at 9pm Wednesday April 7. 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 7, 2010.

Any questions please contact Donna Christopher at dmchristopher@cox.net or call 757-773-3195

COURSE DESCRIPTION: Held on Langley Speedway in Hampton, VA. A very fast .4 mile stock car oval with wide corners. Considered a flat track so the corners are only very slightly

banked.

DIRECTIONS: From Richmond take exit 261B (Hampton Roads Center PKWY) turn left on N. Armistead Ave. Follow Armistead Ave. to race track. From Virginia Beach/Norfolk take exit 262B (HWY 134 Magruder BLVD) follow Magruder BLVD north to HWY 172 and follow NASA signs. Bear left just before NASA gate and go ¼ mile, track is on the left.

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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