

SLEEPYHOLE SMACKDOWN

PRESENTED BY:



SLEEPY HOLE PARK IN SUFFOLK, VA

MAY 23, 2010

PART OF THE VIRGINIA CYCLING ASSOCIATION BAR

Held under USA Cycling Permit, Pending



OVER \$2,000.00 IN CASH AND PRIZES!!!

This exceptional event is part of the GAM JAMS Cat 3 Cup p/b Mountain Khakis

CATEGORY	TIME	FIELD LMIT	DISTANCE	PRIZE VALUE*/ PLACES	FEE
CAT 5	8:00	40	30 minutes	Pride and Points	\$20
Women CAT 4	8:45	40	30 minutes	Pride and Points	\$20
CAT 4	9:30	50	40 minutes	\$200/3	\$25
Women 1/2/3	10:25	50	40 minutes	\$200/3	\$25
CAT 3	11:20	60	45 minutes	\$400/4	\$25
Pro/1/2/3	12:20	60	60 minutes	\$600/6	\$25
Kid's Race	1:35		1 lap	Ribbons	\$0
Junior 10-14	1:45	40	20 minutes	\$75/3	\$10
Masters 50+/60+	2:20	50	45 minutes	\$200/3	\$25
Junior 15-18	3:20	40	30 minutes	\$75/3	\$10
Masters 30+/40+	4:05	50	45 minutes	\$200/3	\$25

* Prizes are a combination of cash purse and merchandise.

Category rules, **Please read carefully!!** 1) No CAT 5 racers in the Master races. 2) In the Pro/1/2/3 race, BAR points will be for CAT 1/2 only. 3) Women 1/2 and Women 3 will be competing for one purse but separate BAR points.

Entry fee includes a \$3.00 USAC Insurance fee. All entrants must have a current USCF license or must purchase a One-day license at registration. Riders under 18 requires a parent's signature to race. All USAC rules apply. **Race day registration will be available for \$30 for the first race and \$15 each additional race** (except Juniors in which the fee will remain \$10 for day of registration. Also no late fee for Women Categories). **Pre-Reg fees are paid by the Virginia Beach Wheelmen**, so there is no service fee to pre-register. Helmets are required for all races; no aero bars.

Course Description: Flat, fast 0.5 mile loop with two 90-degree bends and two nice left sweepers. Bring the family, plenty of room for kids to play.

Directions: Google Map or GPS address is 4700 Sleepy Hole Rd, Suffolk VA 23435 (Sleepy Hole Park).

Parking will be available in designated parking areas. Please do not park on the road leading to the course.

For additional information contact: Joshua Goyet at (757) 515-5940, Email: ybwheelmen@cox.net