

VIRGINIA STATE TRACK CHAMPIONSHIPS
(AND GOOD OLD FASHIONED GO FAST TURN LEFT CRIT)

AUGUST 28TH 2010

ROAD EVENTS:

Road 4/5	45 minutes	1pm
Road 1/2/3	60 minutes	2 pm

Both 1/2/3 and 4/5 are for ROAD bicycles.

TRACK CHAMPIONSHIP EVENTS:	W40, j 10-14 , J 15-18, w, m 50+, m 60+	4:00pm
500m time trial		
1000m time trial	M, m30+, m40+	Following 500m
2000m time trial	M50+, M60+, W, W40+ J 10-14, J15-18	Following 1000m
3000m time trial	M30+,M40+	Following 2000m
4000m time trial	M 19-29	Following 3000m
10 lap points Races	J10-14, J15-18,	Following 4000m
20 lap Points Races	W, M50+, M60+, W40+	Following 10 lap points races
30 lap Points Races	M, M30+, M 40+	Following 20 lap points race

IMPORTANT STUFF TO KNOW:

Each rider competes in 3 events based on their age category. Overall placing in the omnium as well as result in each discipline are counted for state titles.

Standard road and time trial bikes are permitted for timed events. Shifters must be taped or otherwise locked-out and will be inspected at race. You may NOT shift during timed events.

15 loaner fixed gear bikes are available for the mass start event. Bikes are first come first serve but other arrangements for a loaner bike can be made through the promoter.

Aero bars and helmets are permitted for timed events only.
Sunday afternoon schedule

DIRECTIONS: From Richmond: Take 195 south to Powhite Parkway (toll road). Take Powhite Parkway until it ends. Turn left onto Charter Colony Parkway. Turn left onto Genito Rd. Southside Speedway in on the left. Enter through open back gate. Parking in infield is fine if you arrive before racing starts.

All races are for fixed gear track bicycles. Drop bars only. No brake or brake levers permitted.
Loaner bikes are available on site.

ENTRY FEES

Entry to the track omnium or single road even is \$20. A daily family rate of \$50 allows you and your brothers, cousins, nephews, mommas (not baby mommas), daughters, sons, wives, and other blood relatives to all compete in all events.