

# BLOOD, SWEAT & ~~BACON~~ TIME TRIAL



A Virginia BAR time trial  
held under USA Cycling event permit  
presented by Celerity Cycling



Final race of 2015 Tidewater Cup!

August 2, 2015 in Smithfield, VA

Category	Distance	Fee	Awards
Para-Cycling: Open	18 km	\$0	Series Trophies
Para-Cycling: Physical Disability	18 km	\$0	Series Trophies
Para-Cycling: Handcycle	18 km	\$0	Series Trophies
Juniors 9-14	18 km	\$10.00	Medals / 3 places
Juniors 15-16	40 km	\$10.00	Medals / 3 places
Juniors 17-18	40 km	\$10.00	Medals / 3 places
Women 1-2	40 km	\$30.00	\$100 / 3 places
Women 3	40 km	\$30.00	Bacon / 3 places
Women 4	40 km	\$30.00	Bacon / 3 places
Women 35+	40 km	\$30.00	\$75 / 3 places
Women 45+	40 km	\$30.00	\$75 / 3 places
Women 55+	40 km	\$30.00	Bacon / 3 places
Cat 1/2	40 km	\$30.00	\$100 / 3 places
Cat 3	40 km	\$30.00	Bacon / 3 places
Cat 4	40 km	\$30.00	Bacon / 3 places
Cat 5	40 km	\$20.00	Bacon / 3 places
Masters 35+	40 km	\$30.00	\$75 / 3 places
Masters 45+	40 km	\$30.00	\$75 / 3 places
Masters 55+	40 km	\$30.00	Bacon / 3 places
<i>Cannibal Class</i> (aka Merckx)	40 km	\$30.00	Bacon / 3 places

**Registration:** There is no on-site or mail-in registration. Online registration is on [Bikereg.com](http://Bikereg.com) only! Registration closes Thursday, July 30<sup>th</sup> at 11:00 PM. Entry fee includes \$3.60 USAC fee and \$1 VCA fee. Check-in and packet pick-up opens at 7:00 AM on Sunday morning.

BAR Winners please send an email to [drnetzer@gmail.com](mailto:drnetzer@gmail.com) with the category you'll be competing in.

**Course Description:** 39.3 km counter-clockwise course will start in downtown Smithfield and head northwest out of town over gently rolling country roads. Total elevation gain is just under 129 m. Para-cyclists will compete on a slightly shorter, modified course over similar terrain. View both courses on RideWithGPS at <http://bit.ly/BloodSweatBaconTT> and <http://bit.ly/BloodSweatBaconTTWW>. Course is open to traffic. No warming up on the course – bring your trainer!

**General Information:** Official start times will be released on Friday, July 31<sup>st</sup>. First rider goes off at 8:00 AM. Riders will go off at 30 second intervals. Event held rain or shine. There will be no refunds. All riders must have a valid USAC license or must purchase a One-Day License at registration. Riders under the age of 18 require a parent's signature. Helmets must be worn at all times. All USAC rules apply. Course is open to traffic, centerline rule strictly enforced. No littering, use restrooms.

Participants in *Cannibal Class* cannot use aero equipment of any kind: no TT bikes, no aerobars (clip-on or otherwise), no disk wheels. No time trial helmets, but aero road helmets are ok (examples include Giro Air Attack, Louis Garneau Course, Specialized Evade, etc.). Skinsuits are ok, shoe covers are ok. Bells, horns and blinky lights are ok. If you can ride it in a crit, you can ride it in this class. Email promoter with questions.

**Location:** The start line will be in front of the Smithfield Center at 220 N. Church Street in Smithfield. The finish line will be on Cary Street by the YMCA. There's plenty of parking and room to set up tents and trainers in the Smithfield Center parking lot and at the park and parking lot on either side of Washington Street by the library. See attached map for parking, restrooms, start and finish lines. Please do not park in the YMCA parking lot as they will be having a church service Sunday morning.

**Directions:** From I-64 East: Continue to Mercury Boulevard exit. This exit will put you on Route 17 South. Continue across James River Bridge. After bridge, bear right just before 3rd traffic light onto Brewers Neck Road. Proceed to Bennis Church area and turn right onto Route 10/Route 32. Proceed approximately 3 miles. Turn right onto Church Street. Registration and the start line will be on North Church Street, just past Main Street on the right. **GPS: 220 North Church Street, Smithfield, VA 23430**

Contact Dan Netzer at 757-679-9336 or at [drnetzer@gmail.com](mailto:drnetzer@gmail.com) with questions.

