



## CONQUER THE CANAL TIME TRIAL

### A Virginia BAR Event

SATURDAY MARCH 28, 2015

Presented by  
FAT FROGS RACING

Held under USAC

Permit #2015-577

12 Mile-individual time trial, out and back

-CATEGORIES INCLUDE-\*Youth 6-8/Juniors 9-18(age 6-12, 6 miles, medals/3places) Jr's Each

Men and Women in each age group 13-14,15-16,17-18 podium 3 places 100.00

Women 1-2,3,4,masters 35+,45+,55+,\*\*Athena(165+) podium 3 places (each) 150.00

Women's OPEN (triathlete) not VCA BAR category, podium 3 places 150.00

Men 1-2,3,4,Masters 35+,45+,55+,65+,\*\*Clydesdale(200+) 3 places(each)150.00 Cat 5 (M)

Men's OPEN (triathlete) not VCA BAR category, podium 3 places 150.00

Wounded Warrior/Para-cyclists (series trophies)

Entry fee – youth/junior \$10, all others \$31

THERE WILL BE NO “DAY-OF” or mail in REGISTRATION. YOU MUST SIGN UP VIA  
BiKereg.com

**Registration** will close automatically when race hits 200 entrants. Do not wait, as it will fill prior to the listed cutoff date. No double entry allowed due to participant limit. The entry fee includes the \$3.60 USAC and \$1 VCA fees. 2014 Virginia BAR winners and Wounded Warriors must email promoter following registration and state category.

\***Youth/Juniors** 6-14 race age, no TT bikes or aero bars allowed as per USA Cycling.

Check-In: Opens at 7:00 a.m. for Youth/Juniors only. 7:30 in start order following. The event is held rain or shine, no refunds. All entrants must have a current USAC license or MUST purchase a One-Day License at registration. Riders under 18 years of age are required to have a parent's signature. All USAC rules apply. Held under USA Cycling permit. Cat 5's are permitted to race in masters Time Trials. Youth and junior (6 mile) racers start at 7:30 other riders start at approximately 8:00 AM with 30 second intervals. Racers are responsible for their start times. Please be at the staging area 5 minutes prior to your start time. Start times will be written on the back of your number. All USAC rules for Time Trials apply. Start times will be sent out Friday March 27.

2014 VCA BAR winners will sign up under BAR winners at BikeReg. Wounded Warriors must sign up under wounded warrior to receive free registration, email promoter to change category from there. WW can race any category qualified for, but puts you out of the series. (M) Cat 5 men receive medals, no payout.

\*\*NEW VCA Category!! Athena and Clydesdale will have race day weigh in. Allow time.

Course Directions and Description: A flat, out and back course with a u-turn, closed to traffic. The course is the old Highway 17, now a city park called the Dismal Swamp Canal Trail. Dominion Blvd and Old Route 17 in Chesapeake, VA. **INQUIRIES:** Email Glenda Craddock at [jcraddock3@cox.net](mailto:jcraddock3@cox.net) or call 757-226-9745