



OMNIUM ROAD RACE

stage 1
Folsom South Canal ITT
Friday 9-11-2009
stage 2
Folsom Challenge Crit
Saturday 9-12-2009
stage 3
Two Bridges Circuit Race
Sunday 9-13-2009

COURSE DESCRIPTIONS

Folsom South Canal Individual Time Trial (PRE REGISTRATION ONLY) Riders competing in the South Canal Time Trial will be treated to a traditional 10 mile out and back course...with a few twists. The road is completely closed to autos, nicely paved and very fast. The challenge will be small rollers (3 each direction for a total of 6). The rollers are short, but steep enough to break up your rhythm.

Folsom Challenge Criterium The Folsom Challenge Criterium takes place on a flat course with excellent pavement in the tree lined Lake Forest Business Park. Racers compete counter clockwise, flying through two 90-degree corners entering and exiting Lake Forest Road, connected by a horseshoe shaped Blue Ravine Road. A wide open sprint for the finish will favor lead-outs, good timing and high top end speed.

Two Bridges Circuit Race Already a Northern California racing classic after just one year! Each amazing 1.3-mile lap through the historic downtown, features two of Folsom's most notable bridges over Lake Natoma: the impressively engineered Lake Natoma Crossing, and the iconic and historical Rainbow Bridge. The spectating is as amazing as the race venue. The entire length of the Lake Natoma Crossing and each side of the Rainbow Bridge will be available for race viewing. This race is unique, beautiful, and exciting.

HOW TO ENTER

Enter at **sportsbaseonline** until noon on September 9th. We HIGHLY RECOMMEND you pre-register, we expect full fields. No refunds.

Race day registration: additional \$5 fee, registration opens 30-minutes prior, closes 15-minutes before scheduled start of each event.

The Time Trial is pre-reg ONLY.

Held rain or shine under UCSF rules/permit. Under 18 y/o, parent or guardian signature required.

All racers need to complete the NCNCA release form (http://www.usacycling.org/forms/rider_release.pdf) and City of Folsom Release form (http://www.folsomcyclebration.com/Road_Bike_Omnium.html)

USAC license required. *No license, no race, no exceptions.* Cat 5 men, Cat 4 women, may use a one-day license (complete form on-site).

Entry fee includes USCF insurance and NCNCA surcharges.

2008 champs pay \$10 if pre-register/race in their category (will refund difference on race day from pre-registration cost).

RACE CONDUCT

Please respect your host community and conduct yourself appropriately. Bathroom facilities will be provided in parking areas...use them!

All USA Cycling guidelines for conduct will be imposed and points fines or disqualification levied.

SCHEDULE OF EVENTS

Folsom South Canal Time Trial

Category	start	limit	fee
PC Men		30	\$20
PC Women		20	\$20
Pro 1 / 2		150	\$29
Elite 3		100	\$29
Elite 4		100	\$29
Elite 5		50	\$29
Juniors 10-14		30	\$15
Juniors 15-18		45	\$15

Folsom Challenge Criterium

Category	length	time	limit	fee
Women 4	45 min	7:30am	50	\$29
Elite 5	45 min	8:25	50	\$29
Women 1-3	50 min	9:20	100	\$29
Mstr 35+ 4/5 A	45 min	10:20	75	\$29
Jnr 15-18	30 min	11:15	75	\$15
Mstr 35+ 4/5 B	45 min	11:55	75	\$29
PC M/W	30 min	12:50	30/20	\$20
Elite 3	50 min	1:25	100	\$29

Two Bridges Circuit Race

Category	length	time	limit	fee
Women 4	40 min	8am	50	\$34
Elite 5	40 min	8:45	50	\$34
Masters 35+ 4/5 A	45 min	9:30	75	\$34
Juniors 10-14/15-18	30 min	10:20	30/45	\$15
Masters 35+ 4/5 B	45 min	10:55	75	\$34
Pro 1-3 Women	45 min	11:45	100	\$34
PC male/female	20 min	12:35	30/20	\$20
Public FREE RIDE	30 min	1:00		FREE

Women 1-3	100	\$29
Women 4	50	\$29
Masters 35+ 1-3	100	\$29
Masters 35+ 4/5 A	75	\$29
Masters 35+ 4/5 B	75	\$29
Master 45+	45	\$29
Master 55+	30	\$29
Tandem *	25	\$29

Elite 4	45 min	2:25	100	\$29
Mstr 35+ 1-3	50 min	3:20	100	\$29
Mstr 45/55+	45 min	4:20	45/30	\$29
Pro 1 / 2	60 min	5:20	150	\$29

Pro 1 / 2 men	60 min	1:30	150	\$34
Masters 45 / 55+	45 min	2:35	45/30	\$34
Elite 3	50 min	3:25	100	\$34
Masters 35+ 1-3	50 min	4:20	100	\$34
Elite 4	45 min	5:15	100	\$34

Listed are the OMNIUM fees- if you sign up for all three events, individual event prices are \$5 higher...see individual event flyers for individual race fees.

SCORING

The Omnium will be scored as noted below. Winner is rider who accumulates the most points: No Omnium registration required. All riders are automatically entered in the Omnium with any of the three races. *Time trial results will be used as tie breaker, followed by Criterium results if necessary. Omnium for Juniors 10-14 will be the Time Trial and Circuit Race Only.*

Folsom South Canal Time Trial

1st	55
2nd	52
3rd	50
4th	48
5th	46
6th	44
Continues at 2pt intervals, minimum 2pt	

Folsom Challenge Criterium

1st	50
2nd	47
3rd	44
4th	41
5th	40
6th	39
Continues at 1pt intervals, minimum 1pt	
Prime's 3 with total of 6 points	

Two Bridges Circuit Race

1st	50
2nd	47
3rd	44
4th	41
5th	40
6th	39
Continues at 1pt intervals, minimum 1pt	

NOTE - KEEP YOUR NUMBER FOR ALL EVENTS!!!

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RESULTS

Results will be posted on a results board located at registration at each omnium venue. Results will be posted as soon as reasonably possible to ensure accuracy and, per USA Cycling guidelines, subject to a challenge for 15-minutes following posting. Full results will be available no later than 1-hour prior to the start of the next stage.

PRIZE LISTS

Individual Stages

Individual stage top three places win medals for their places.

Winner of the Folsom Challenge Criterium, Masters 35+ 1-3 Category will have their name inscribed on **Richard Lucas Cup** to be displayed at Body Concepts. Overall winner of Men/Women's Pro 1-2 names inscribed on **Cyclebration Cup** displayed at Bicycles Plus.

Overall Omnium - total prize \$6,000-

Category	Cash
Pro 1 / 2	\$1,600 / 16
Women Pro 1 / 2 / 3	\$800 / 8
Women 4	\$400 / 4
Master 35+ 4/5 A	\$400 / 4
Master 35+ 4/5 B	\$400 / 4
Master 45+	\$300 / 3
Master 55+	\$300 / 3
Master 35+ 1 / 2 / 3	\$500 / 5
PC Men	\$250 / 3
PC Women	\$150 / 3
Elite 3	\$500 / 5
Elite 4	\$400 / 4
Elite 5	medals only
Juniors 10-14/15-18	medals only

Rider does not need to complete all events to qualify for Overall Omnium Points and Prizes.

Minimum value listed, cash for all Categories except Juniors and Elite 5 who receive medals only.

DIRECTIONS TO EVENTS

Folsom South Canal Time Trial

Highway 50, Exit Sunrise Blvd., Turn Right (South) on Sunrise Blvd., Turn Right (West) on White Rock Rd., cross over canal for Parking (follow signs). Start location will be approximately 1 mile down the canal entrance from White Rock Rd. Warm-ups will be allowed until 1pm and on North Canal.

Folsom Challenge Criterium

Highway 50, Exit Folsom Blvd., Turn Left (North) on Folsom Blvd., Turn Left (West) on Blue Ravine., Look for signposts/course martial's for parking.

Two Bridges Circuit Race

Highway 50, Exit Folsom Blvd., Turn Left (North) on Folsom Blvd., Turn Right on Natoma Street. Turn Left on Wool or Decatur streets to enter Historic Folsom. Look for signposts for parking.

NOTE - KEEP YOUR NUMBER FOR ALL EVENTS!!!

PRESENTED BY

Revolutions Cycling Team

www.revolutionscycling.com

The Revolutions Cycling Team is a "club" Of motivated road cyclists, mountain bikers, and triathletes who enjoy promoting their sports in El Dorado Hills and neighboring communities.



Body Concepts

www.bodyconceptsinc.com

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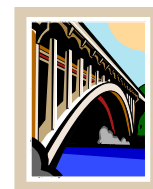


City of Folsom

www.folsom.ca.us

www.FolsomCyclebration.com

The City of Folsom will provide a safe, healthy, and vibrant community through innovative, responsive, and effective delivery of services to maintain and enhance the quality of life of our residents.



CITY OF
FOLSOM
DISTINCTIVE BY NATURE

