



# FOLSOM SOUTH CANAL INDIVIDUAL TIME TRIAL – Friday, Sept. 11, 2009

## Stage 1 of the Folsom Cyclebration Omnium

### Course Description

The Folsom South Canal ITT uses the canal from White Rock Rd. to Jackson Rd/Hwy 16. The course is a 10 mile out and back with 3 short steep hills each direction. Riders will navigate the turnaround (U-Turn) on a narrow road. The start line is approx. 1/4 mile down the South Canal from White Rock Rd. Registration will be at the beginning of the canal.

### Registration

Enter at [www.sportsbaseonline.com](http://www.sportsbaseonline.com) until Sept 9<sup>th</sup> at **NOON**. You MUST pre-register to receive a start time. No Refunds. 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 ([www.usacycling.org/forms/riders\\_release.pdf](http://www.usacycling.org/forms/riders_release.pdf)) and the City of Folsom Release Form ([http://www.folsomcyclebration.com/Road\\_Bike\\_Omnium.html](http://www.folsomcyclebration.com/Road_Bike_Omnium.html)). Current USAC license required. No license, no race, NO EXCEPTIONS. Cat 5 men, Cat 4 women, may use a 1-day license (form will be at event). Entry fee includes USCF insurance and NCNCA surcharges. 2008 champs pay \$10.00. We will refund difference on race day from pre-registration cost.

Categories	Field Limit	Indiv Race Cost	w/Omnium Discount
Men – Physically Challenged	30	\$25	\$20
Women – Physically Challenged	20	\$25	\$20
Pro 1-2	150	\$34	\$29
Elite 3	100	\$34	\$29
Elite 4	100	\$34	\$29
Elite 5	50	\$34	\$29
Juniors 10-14	30	\$20	\$15
Juniors 15-18	45	\$20	\$15
Women 1-3	100	\$34	\$29
Women 4	50	\$34	\$29
Masters 35+ 1-3	100	\$34	\$29
Masters 35+ 4/5 Group A	75	\$34	\$29
Masters 35+ 4/5 Group B	75	\$34	\$29
Master 45+	45	\$34	\$29
Masters 55+	30	\$34	\$29
Tandem *	25	\$34	\$29

\* Tandem category not eligible for Folsom Cyclebration Omnium

**TT START TIMES will be posted Sept. 10<sup>th</sup>. Please check the Cyclebration South Canal ITT website for start time.**

**Race Numbers** For those entering any other stages of the Folsom Cyclebration Omnium, you must save your number provided at the Time Trial for all 3 road bike events. Your TT bib number will also be used for the Criterium and Circuit Race. Save it!

### Prizes for Time Trial

South Canal ITT prizes value \$60 for each category for top 3 places - \$30/\$20/\$10, combination of cash, merchandise, medal, plus points for Omnium.

Per USA Cycling Rules, both of the Junior and Elite 5 categories are medals only.

Men's Pro 1-2, and Women 123 \$100 total prize value \$50/\$30/\$20 - 100% cash.

**Overall Omnium Race Prizes:** See Folsom Cyclebration Omnium Flyer.

### Directions to Event / Parking

Folsom South Canal

Highway 50, from Sacramento, Exit Sunrise Blvd. Turn Right (South) on Sunrise Blvd. Turn Right (West) on White Rock Rd. which is where the start line is and will be marked with balloons. Please continue on for parking... Turn Left on Kilgore Rd. (south). Turn Left on Baroque Dr. (west). Look for parking attendants in orange vests. When traveling from your car to/from registration or race, please follow rules of the road. Course marshals will be on hand.

**Warm-ups:** South Canal will be closed for warm-ups. The North Canal (over Sunrise Blvd) will be open to the public for warm-ups. It is approximately 1.5 miles from parking to the starting line which will allow for additional warm up.

No Race support on the canal. Helmets and sleeved jerseys required. No mp3 players while racing. No off-road bikes permitted. TT bikes encouraged. All USCF Rules apply.

Questions for the Promoter:

**Revolutions Cycling Center and Team Revolutions, Mike Beretta** [mike@revolutionscycling.com](mailto:mike@revolutionscycling.com)