

WHEN: AUGUST 28TH

WHERE: SOUTHSIDE SPEEDWAY

IMPORTANT STUFF TO KNOW: The Virginia State Track Championships are back! For those who have not competed before and are interested here is the low down...

THIS IS A BAR EVENT!

So if you plan on racing PLEASE TAKE THE TIME TO READ EVERYTHING BELOW!!! This is an age graded event. Each rider competes in 3 events. Sprint distance time trial (500 or 1000 meter), endurance distance time trial (2000, 3000, or 4000 meter) and a points race. Your result from each event scores you in the overall omnium (**that part effects the BAR**) and your individual results determine placing for gold, silver, bronze in each discipline.

To clarify if, for example, you are a 40+ woman, you compete in 500m time trial, 3000 meter time trial, and points race. Your results from each event are scored and you are given an overall ranking in the omnium. Your omnium placing is the part that carries BAR points just like any other BAR event.

So what about the events?

Sprint distance time trial. This event is either 500 or 1000 meters. It is raced individually from a standing start. Aero bars and helmets are permitted.

Endurance distance time trial. This event is either 2000, 3000, or 4000 meters. It is raced individually from a standing start. However a rider is started the same time on opposite sides of the track so you in a way have a rabbit to chase. Aero bars and helmets are permitted for this event as well.

Points race. This is a mass start event and some categories will most likely be combined. Throughout the race there are bell-laps on which points are scored in the following sprint. The winner of the event is the rider who scores the most points. Drop bars with no extensions are permitted only.

YOU ARE PERMITTED TO USE YOUR FANCY-PANTS TIME TRIAL BIKE DURING THE TIMED EVENTS! This is important. You can use the bike but you are not permitted to shift gears to gain an advantage over those using track bikes. You are responsible for determining what gear you want to ride the entire event in. During the event you must keep your hands off the shifters. Shifting gears during the race will get you disqualified.

LOANER BIKES: Yes we have them 15 of them actually. They are nothing fancy but they work. For those who want a faster set up talk to your local bike shop (or a certain bike shop I can think of in the Richmond area that specializes in this sort of thing, hint hint). You can pick up something pretty darn fast for less than a Zipp front wheel.

To try and keep things simple it would help to pre-register and reserve a loaner bike if you need one. We did not run out last year but you never know.

<http://www.bikereg.com/events/register.asp?eventid=11333>

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.

ROAD EVENTS!!!

For those with no interest in the track stuff we are putting on a 4/5 and 1/2/3 crit. Before the track events. THESE ARE JUST TRAINING CRITS AND DON'T HAVE PRIZE MONEY NOR DO THEY COUNT FOR THE BAR. They are just for fun.

I hop I have answered any questions you might have about this event....

As always if you can lend a hand on race day I can always use some help.

Thanks everyone.
Braden

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

AUGUST 28TH 2010

ROAD EVENTS:

Road 4/5	45 minutes	1 pm
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.