



The Dismal Dash 40K Road Time Trial



Presented by:
All About Bikes Racing & City of Suffolk



Virginia Cycling Association BAR Series

"Held under USA Cycling event permit 2009-567"

Sunday, March 15, 2009

White Marsh Shopping Center

1226 White Marsh Road, Suffolk, VA 23434

Registration: Online Registration only at  Registration closes at 1:00 PM on Friday March 13, 2009. There will be no mail in or race day registration. Start times will be posted on the  website after 11:00 PM Friday March 13, 2009.

Race Categories:

| Category | Start | Distance | Reg. Entry | Prizes |
|--|---------|----------|---|----------|
| Junior BAR Boys & Girls (10-14) | 9:01 AM | 20K | \$10 | Medals/3 |
| Junior BAR Boys & Girls (15-18) | Follows | 40K | \$10 | Medals/3 |
| CAT 5 Men | Follows | 40K | \$30 | Medals/3 |
| CAT 4 Men | Follows | 40K | \$30 | \$200/3 |
| CAT 1/2/3 Women Combined | Follows | 40K | \$30 | \$200/3 |
| CAT 4 Women | Follows | 40K | \$30 | Medals/3 |
| Women 40+ | Follows | 40K | \$30 | \$100/3 |
| Masters 30+ | Follows | 40K | \$30 | \$100/3 |
| Masters 40+ | Follows | 40K | \$30 | \$100/3 |
| Masters 50+ | Follows | 40K | \$30 | \$100/3 |
| Masters 60+ | Follows | 40K | \$30 | \$75/3 |
| CAT 1/2/3 Men Combined | Follows | 40K | \$30 | \$300/3 |
| 2008 VCA BAR Winners ** See note below | | | \$3 For registration purposes only | |

General Info: ChampionChip timing provided by [Kale Running](#). First rider starts at 9:01 AM with 1-minute intervals. Pls. be at the staging area 5 minutes prior to your start time. Start times will be written on the back of your number.

Entry fees include \$2 USCF and \$1 VCA fee. Unlicensed racers (CAT 5 or Women CAT 4 only) must purchase a one-day license for \$10. Annual licenses are available for purchase online at [USA Cycling](#).

No refunds, race runs rain or shine. Cat 5 Men are permitted to ride in Masters Time Trials. The TT categories are for prize distribution only. Results will be provided to VCA who will award BAR points. If you have questions regarding VCA BAR points visit their website at [Virginia Cycling Association](#).

*****FOR 2008 VCA BAR winners:** Sign up for event under 2008 BAR Winners, entry fee is waived but \$2 USCF and \$1 VCA fee payment is required (\$3). Fill out online registration and email promoter obrienkim@gmail.com with your DD TT race category.

Packet pick-up: Saturday, March 14, 2009 at Sleepy Hole Criterium, 4700 Sleepy Hole Road, Suffolk, VA between 11 AM and 2 PM. Packets can also be picked up at the race on Sunday between 8 AM and 11:30 AM.

All racers must present a valid USCF license (or purchase a one-day if your category qualifies) at time of packet pick-up and sign the USA Cycling release form. Racers under 18 years of age must have parent/guardian signature on release form. One-day license (CAT 5 men and CAT 4 women only) will be available for purchase at time of packet pick-up (**CASH ONLY**). All USCF rules for Time Trials apply. Portable toilets will be available onsite. No warming up on course, trainers recommend.

For Course Description: A flat, out and back course (u-turn around) with only one turn.

Questions: Email Kim at obrienkim@gmail.com

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