

2010

“Southern California/Nevada USCF” State Time Trial Championships

May 15, 2010

Lake Los Angeles, California

7:00am

Held under USCF Permit 2010-____

USCF CHAMPIONSHIP CATEGORIES

Elite Men: Categories 1-2, 3, & 4, **Masters Men:** 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64

Elite Women: Categories 1-2, 3 & 4, **Masters Women:** 30-34, 35-39, 40-44, 45-49, 50-54

Juniors Men and Women: 10-12, 13-14, 15-16, 17-18

Tandem: teams of two men, two women, and mixed; whose sum ages fall in the following categories: Men 70+, Women 70+, Mixed 70+, Men 90+, Women 90+, Mixed 90+, Men 110+, Mixed 110+.

Championships will only be awarded to those riders who reside in the SCNCA territory (defined as Zip Codes 89000 - 89299 in NV and 90000 - 93599 in CA) but open to anyone to compete.

Unlicensed riders may ride any Masters Category with the purchase of a USCF One Day License (\$10.00), but are not allowed to compete for the Championship Jersey. **Men's Category 5 is for medals only** (No SCNCA Championship awarded to this category).

*****REGISTRATION INFORMATION*****

Individual Registration Fee is \$35.00. Tandem Registration Fee: \$65.00. Register Online at www.socalreg.com. Fee includes USCF insurance surcharge. **NO REFUNDS OR CREDITS.** For More Information Call Marty Brown at 714-282-8305 or visit our website at <http://www.scnatchampionships.com>/ or www.teamvelosport.com. ENTRY DEADLINE: Midnight, Wednesday, May 12th

*****PRIZES*****

Medals will be awarded for First, Second and Third Places in each Category. First Place Winners will be authorized to purchase SCNCA USCF State Time Trial Championship Jersey from Voler. Additionally, this event will count points toward the SOCAL Cup Standings with a 3.0 multiplier. (FYI...Crits are 1.0, Road Races are 2.0, so State Championships are really weighted high to get more riders out.)

RULES, CHECK-IN AND COURSE

RULES: All USCF rules apply. Helmets are mandatory and shirts must cover shoulders. No farings or fixed gears allowed. First rider starts at 7:00am. Riders will depart at 30-second intervals. Start times will be posted on Thursday, May 13th at <http://www.scnatchampionships.com>/ and www.teamvelosport.com. Check-in, sign release and pick up race numbers at start of race, minimum 1 hour prior to your start time. You must be at the starting line staging area 3 minutes before your scheduled start time.

COURSE: 23.5 miles starting on Avenue O in front of the Vista San Gabriel Elementary School (Intersection of 180th St. E). Riders will travel East on Avenue O for 6 miles, take a right turn on 240th St. E for 2.75 miles, right turn on Palmdale Ave for 6 miles, right turn on 180th St. E for 2.75 miles, right turn on Avenue O for 6 miles to the Finish Line. Terrain consists of a 2% incline at mile 5 and 22.5, and another very short 2-3% incline at about mile 10. 450 feet is the total elevation gain, but you hardly notice it. Road surface is good to excellent. Course is 12 miles downwind, 5.5 miles crosswind and 6 miles headwind (if it's blowing in the morning). It's a fast and great "ride around the block!" **JUNIORS:** 14 & under will do the first straight leg only (6.5mi). 15-18 will start after the finish line and do one complete lap (17 miles). Junior gears restrictions apply. Rollout check required at the starting line.

DIRECTIONS TO Lake Los Angeles

From LA: take the I-5 N to 14 North, exit at Pearblossom Hwy, bear right onto Hwy 138, Left on 165th St. E (turns into 170th St E), Right on Avenue O. From Orange County, Riverside, San Bernardino and San Diego: take the I-215/15 N, exit Hwy 138 to Palmdale, right on 165th St. E (turns into 170th St E), Right on Avenue O. Starting Line is in front of the Vista San Gabriel Elementary School at the intersection of Avenue O and 180th St. E.

Sponsored by: Rotor Cranks, [Team Velosport](#), [Rock N' Road Cyclery](#) and [A V High Desert Cyclists](#)
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