



LAVRA Cup

The Velodrome at The Home Depot Center
Carson, CA
February 20, March 13, April 3, May 1,
June 19, and July 24



Held under USA Cycling Permit Number 2010 -

Save by registering online at - <http://www.socalreg.com>

(socalreg charges administrative fee)

Pre-registration closes the Thursday prior to the event at midnight

**RIDERS ARE STRONGLY ENCOURAGED TO RENEW ANNUAL RACING LICENSE PRIOR TO EVENT ONLINE
AT <http://usacycling.org/> AND ARE REMINDED TO BRING AUTHORIZATION TO RIDE AS PROOF OF
RENEWAL**

Location/Directions/Parking: The Velodrome is located at the Home Depot Center (HDC) in Carson, CA. See www.homedepotcenter.com for driving directions. Limited free parking is available in The Velodrome parking lot. Additional parking is available in adjacent Cal State University Dominguez Hills remote parking lots for a fee.

Those who are not a track category 1 or 2 Velodrome Certified may not warm up on the track and should bring a trainer or rollers. Velodrome Certification opportunities are available - see <http://LAVelodrome.org>.

A 2010 LAVRA Cup will be awarded for each event based on the results from 4 of 6 events. To be eligible for the LAVRA Cup, riders must participate in at least 4 LAVRA Cup events. The fastest 4 individual times will be counted for each rider participating in more than 4 events.

LAVRA Cup winners will receive a trophy and jersey.

SEPARATE LAVRA Cups will be awarded for men and women.

(LAVRA Cups will not be awarded for Team Time Trials.)

TIME TRIALS

Racing begins at 9 am

Registration 7:30 am - 8:30 am

Track opens for warm up at 8 am

Entry Fee: \$5 per race plus track usage fee

Day-of race registration adds \$5 per session

Race No.	Category	Event	Distance	Entry Fee
1	Open	Team Sprint		\$10 per team
2	Open	Team Time Trial	3000m or 4000m	\$10 per team
3	Open	Time Trial	Flying 200m	\$5
4	Open	Time Trial	500m	\$5
5	Open	Time Trial	3000m	\$5
6	Open	Time Trial	1000m	\$5
7	Open	Time Trial	2000m	\$5
8	Open	Time Trial	4000m	\$5

Other Information:

- Registration is located on concourse.
- Track Usage Fees are also required by the Home Depot Center in addition to LAVRA Entry Fees. Track Usage Fees are \$20 per session or riders can purchase a 10-session card for \$160. Annual “unlimited use” cards are also available. Riders can reduce Track Usage Fees to \$10 per session by volunteering at LAVRA, USA Cycling, UCI or other events held at The Velodrome. See <http://LAVelodrome.org> for volunteer opportunities. Riders shall be identified as volunteers by the Velodrome Director. Junior Track Usage Fees are \$10 unless otherwise specified by the Velodrome Director. Track Usage Fees are paid day of race.
- Riders must wear their race numbers at all times when on the track surface, including warmup.
- Rental bikes are not available for racing.
- Junior gears will be enforced.
- Please do not cross the track surface unless directed to do so by Velodrome Director, Officials, or race promoter. Use south entrance for bikes and gear.
- Check WWW.LAVelodrome.org for current parking information and race updates.