



Remembering David Carey - TIME TRIAL
SATURDAY August 15, 2020

Virginia Age-Graded State Championships

Presented by
FAT FROGS RACING

Held under USAC
Permit #2020-1505

50% of any profit donated to "Roc Solid Foundation" in the name of the Carey Family.

12 Mile-Individual Time-Trial

====CATEGORIES====

- Youth 6-8, Jr 9-12 course is 6 miles, 3/Medals
- Jr's Each Men and Women 13-14, 15-16, 17-18 course 12 miles, 3/Medals
- **Women 1-2-3, 4 Masters 35+, 45+, 55+, 65+, 3 places *\$100.00 (50-30-20)
- **Men 1-2-3, 4 Masters 35+, 45+, 55+, 65+, 3 places *\$100.00 (50-30-20)
- Men's and Women's CAT 5, 3/Medals; no payout
- ***Women-Athena (165+ lbs) ***Men-Clydesdale (200+ lbs) 3/Medals
- ****Merckx Open 3 places *\$100.00 (50-30-20)
- Wounded Warrior/Para-cyclists (series trophies) entry Fee ZERO

====REGISTRATION====

REGISTRATION is at BikeReg.com. Entry is \$10 for Youth/Junior, and \$35 for All Others. You must have a valid USAC license or purchase a One-Day license at online registration. Entry deadline is 12:00 PM, Friday, August 14. There will be no "day-of" or mail-in registration. Registration will close automatically when the race hits 200 entrants. Do not wait, as it may fill prior to the posted cutoff date. No double entry allowed due to participant limit. The entry fee includes the \$4.75 USAC and \$1.25 VCA fees. Riders under 18 years of age are required to have a parent/guardian signature. All USAC rules apply held under USA Cycling permit 2020-1505.

Wounded Warriors/Para-Cyclists must sign-up under WW at BikeReg.com to receive free registration; email the promoter to change category from there. WWs can race any category for which qualified, but the choice of category could potentially affect the rider's standing in the WW the series.

====REFUNDS====

The CCTT will be held rain or shine. However, if the event is cancelled by the local, state, or federal government due to COVID-19 issues, riders will be issued a full refund. **YOU HAVE NO REASON NOT TO REGISTER EARLY!**

====CHECK-IN====

Check-In opens at 7:00 a.m. Youth/Juniors have precedence at registration as they start at 0730. The other categories will start at approximately 8:00 AM with 30 second- or 1-minute intervals depending on total racer count. Racers are responsible for their start times which will be written on the back of their race numbers. It is required that racers arrive at the staging area five minutes prior to their start time. Riders should maintain social distancing while in the staging area. An official will not hold the racer's seatpost for the start. Riders will start with one foot on the ground. All USAC rules for Time Trials apply. Racers under 18 years of age are required to have a parent's/guardian's signature.

====RACE NOTES====

Youth/Juniors 6-14 race age: no TT bikes or aero bars allowed per USA Cycling.

CAT 5s are permitted to race in their Masters age category for Time Trials.

***CASH** payout is based on a 5-racer minimum per category. If a category has fewer than five racers, only 1st place will receive payout; 2nd and 3rd will receive medals.

****CAT 1-2-3** Men's and Women's fields are combined for payout.

*****Athena and Clydesdale** riders will have a race day weigh in. Please allow time.

******The Merckx Open** category is available to rugged riders of all riders ages. This category does not allow aerobars or aero helmets, and the maximum rim depth is 60mm.

====DIRECTIONS====

Course Description and Location: A flat, paved, out and back course with a U-turn, closed to traffic. The course is the old Highway 17, now a city park called the Dismal Swamp Canal Trail. Parking and restrooms are at the entrance near the intersection of Dominion Blvd and Old Route 17 in Chesapeake, VA. **INQUIRIES:** Email Max Fryar at fryar.max@gmail.com

====COVID-19 CONSIDERATIONS====

The following steps will be in place for the safety of the riders, staff, and guests. Thank you for your consideration.

- Masks will be required for riders when they are at registration.
- Hand sanitizer will be available at registration.
- The registration table will be cleaned with bleach frequently. Any shared writing utensils will be wiped clean frequently.

- Tape lines 6' apart will help participants maintain social distancing as they approach registration. One participant at a time will be allowed at the registration table.
- There are clean restrooms near registration that will be open throughout the event.
- The starting officials will be seated more than 6' from the riders. They will not hold the riders' seat post for the TT start. Riders will start with a foot on the ground.

Please reconsider your participation in the CCTT if you answer "yes" to any of the following:

- Within the last 14-days, have you experienced a new cough that you cannot attribute to another health condition? Yes No
- Within the last 14-days, have you experienced new shortness of breath that you cannot attribute to another health condition? Yes No
- Within the last 14-days, have you experienced a new sore throat that you cannot attribute to another health condition? Yes No
- Within the last 14-days, have you experienced new muscle aches that you cannot attribute to another health condition or a specific activity such as physical exercise? Yes No
- Within the last 14-days, have you had a temperature at or above 100.4° or the sense of having a fever? Yes No
- Within the last 14 days, have you had close contact, without the use of appropriate PPE, with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes) Yes No
- In the past 14 days, have you been on a commercial flight or traveled outside of the United States? Yes No
- In the past 14 days, have you been in close proximity to anyone who has been on a commercial flight or traveled outside of the United States? Yes No