

3 Days – 4 Stages
Omnium Format

The Flames Omnium

Liberty University

May 8-9, 2021



Notes:

Registration Fees:

- Prices:
 - Omnium (all races) \$75
 - May 8th RR \$35
 - May 8th TT \$20
 - May 9th Crit \$30
- Racing rain or shine! **No Refunds**
- Online Registration open till 12pm day before race
- On-site Registration

COVID Regulations:

- Masks and social distancing always
- Riders will report to start line with masks on and then be instructed to remove it before the race
- Races will start in groups of 25 and then merge in a neutral roll out

Prizes:

- 1/2/3 Omnium \$500/8
- Women's 1/2/3 Omnium \$250/5
- Medals for other omniums and all races

We reserve the right to combine fields on the day of races

Category	Distance	Time
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May 8th Road Race

Calvary Baptist Church

Masters 40+	47.5 miles	8:30 AM
Masters 50+	47.5 miles	8:30 AM
Men's 4/5	38 miles	8:35 AM
Women's 1/2/3	47.5 miles	8:40 AM
Women's 4/5	38 miles	8:40 AM
Men's 1/2/3	57 miles	11:00 AM
Men's 3/4	47.5 miles	11:05 AM

**12.5 mile Time Trial after
May 8th RR @ 2:30pm**

May 9th Criterium

Liberty University East Satellite
Parking Lot

Men's 4/5	30 mins	8:30 AM
Women's 1/2/3	45 mins	9:15 AM
Women's 4/5	45 mins	9:15 AM
Men's 3/4	45 mins	10:10 AM
Masters 50+	45 mins	11:05 AM
Masters 40+	45 mins	11:05 AM
Men's 1/2/3	60 mins	12:00 PM

Scoring

- This race will be scored on POINTS to determine omnium winners.
- Medals and cash prizes will be issued to omnium winners.
- Overall winners will be determined by the highest points total.
- Winners of the omnium will be submitted to USAC
- Riders may race individual STAGES.

Finish Place	Points
1	40
2	35
3	31
4	28
5	26
6	25
7	24
.	Descending 1 point per place
.	
.	
.	
30	1

Bonus Points	1 st Place	2 nd Place	3 rd Place
Criterion Sprints – 3 per race	5	3	1

Time Trial

“The Merckx Advantage Time Trial” – for 2020 the Time Trial on Saturday afternoon will again have a twist.

Any/All riders using aero equipment will receive actual race time BUT riders who complete the TT using a “Merckx Style” TT bike as defined by the following rules will get a :30 second deduction from their time.

- Here are the rules and regulations for “Merckx”.
 - There will be a TVS staff member in the staging line to verify rider status of Merckx or Aero.
 - You must declare/qualify your status before the start to qualify for the advantage.
 - This scoring method is used only for the Omnium.
 - The results submitted to USAC for the TT will be on raw time only with no advantage.
 - We feel this is fair and fun way to do the TT and allows riders without TT bikes to compete on a level field.
1. No Teardrop Helmets (current aero Road helmets are ok), EARS may not be covered.
 2. No aero wheels deeper than 50mm rims, ZIPP 404's ARE NOT ALLOWED!
 3. No aero bars of any size or length
 4. No shoe covers
 5. No Disc wheels
 6. Skinsuits are permitted.

Race Schedule and Locations

Day	Date	Course	Type	Style	Course Distance
Saturday	May 8	Calvary Baptist Church RR	Road Race	Rolling	9.47 miles
Saturday	May 8	Calvary Baptist Church TT	Time Trial	Rolling	12.5 miles
Saturday	May 9	East Campus Satellite Parking lot Criterium	Criterium	Rolling	.60 miles

Race	Address
Calvary Baptist Church RR	9388 Village Hwy, Concord, VA 24538
Calvary Baptist Church TT	9388 Village Hwy, Concord, VA 24538
East Campus Satellite Parking lot Criterium	2100 Liberty Mountain Dr, Lynchburg, VA 24502

The parking lot the Criterium is will be closed to parking. Below are the approved parking spots on campus for racers. It is a very short ride from parking to race.

Parking for East Campus Satellite Parking lot Criterium:

- Book store parking lot
- Runk & Pratt parking garage

Calvary Baptist Church Road Race

Distance: 9.4 miles

Elevation Gain: 700ft

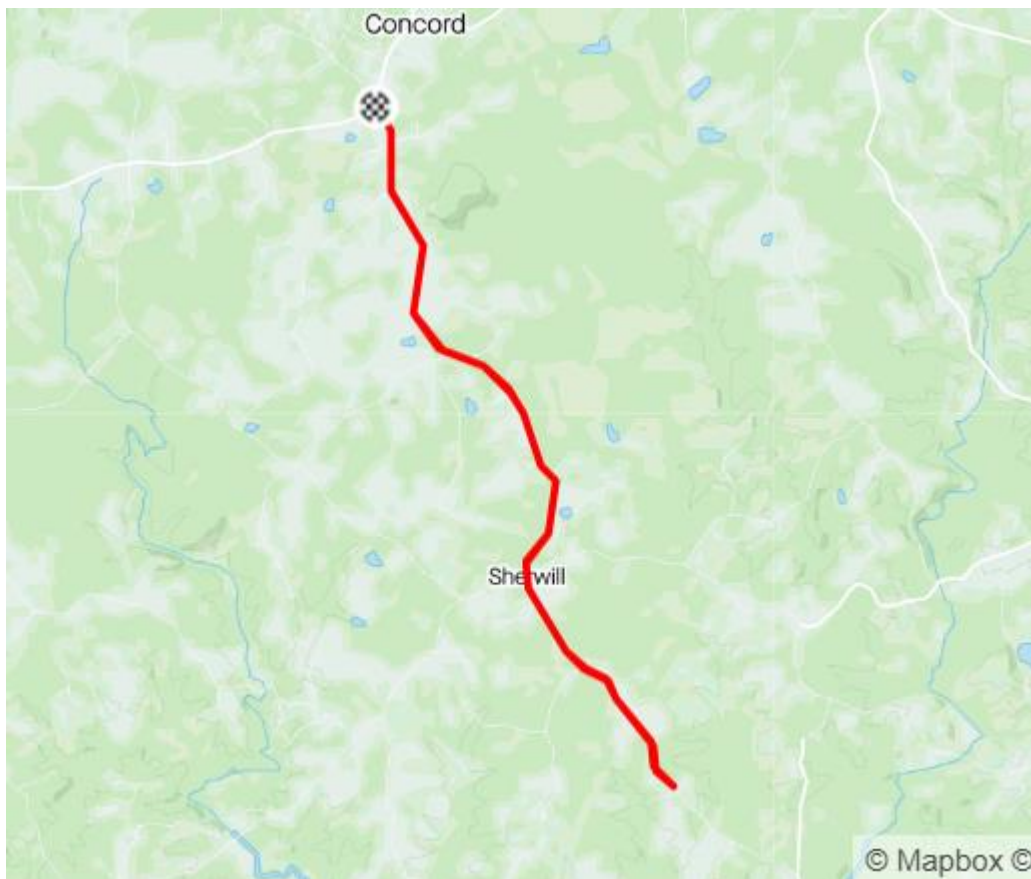
<https://www.strava.com/routes/2816762291416837444>



Calvary Baptist Church Time Trial

Distance: 12.36miles Elevation Gain: 677ft

<https://www.strava.com/routes/2817069567991024320>



East Campus Satellite Parking Lot Criterium

Race will be Counter-Clockwise

<https://www.strava.com/segments/28002531>

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
0.57mi	0.1%	888ft	909ft	22ft

