



The Peter and Gerald Teeuwen Memorial 20 Mile Time Trials 2019 Age Graded Virginia State Championships



Presented by: **Velo Racing Virginia**

Sunday, August 11th, 2019

Sponsored by:



Register online: www.Bikereg.com

Pre-reg closes SATURDAY 4PM prior to the race. \$35. **PRE-REGISTRATION ONLY** Number pick-up opens at 7:15 AM until 9:15 AM (includes USAC & VCA fees) Jrs \$10 per race) (BAR \$4.00). Held under USAC permit 2019-2238 A valid USAC license must be presented at registration. Combined races will be scored separately. ALL are BAR RACES except where *

TAKE ADVANTAGE: EARLY REGISTRATION DISCOUNT ON OR BEFORE JULY 29th for \$29.

Course description:

Both courses start at Deep Creek Park at the North end of the DSCT parallel to the road.

4 mile Short course: Follow the course over the Bridge and follow trail to BEAR statue for Turn around BEAR statue if you are a 4 miler Then proceed through parking lot to Actual roadway and turn LEFT to head back to Deep Creek Park for Finish Line.

Long course:

Those who ride the length of the course Will Start at the North end of the DSCT At Deep Creek Park go over the Bridge and then keep right on the trail Parallel to the parking lot then proceed Through open gateway riding the length of the Dismal Swamp Canal Trail park all the Way to Cul-de-sac at end where you will make a U-turn and then ride back

By the Bear and through parking lot continuing at the end of the lot turn LEFT Onto the roadway (George Washington Hwy) and back to Deep Creek park to Finish Line

Location: **DEEP CREEK PARK 437 George Washington Hwy South, Chesapeake, VA** Directions: from I 64E take exit 296B RT 17 S (George Washington Hwy S) at the second stop light turn left, go over draw bridge and immediately turn right after bridge to stay on RT 17 South Deep Creek Park is app. 1 mile down on the left

Virginia State Championship Medals (age-graded cats) will be awarded to Virginia Residents in 5 year increments

	START	LENGTH	PLACES	PRIZES Per TIME TRIAL
Juniors 9-12, 13-14, Junior Women 19-12, 13-14, Hand cyclists* 4 MILE	8:30 AM	4 MILES turn around point BEAR	3 Combined	MEDALS
65+, 75+* AND WOMEN 55+, WN 65+*, Hand cyclists* 20 MILE	8:30 AM	20 MILES	3 Combined	MEDALS
Juniors 15-16, 17-18 , Junior Women 15-16, 17-18	8:30AM	20 MILES	3 Combined	MEDALS
Women Pro*, 1,2,3,4	8:30 AM	20 MILES	3 Combined	Cash/Gift Cards (\$100)
Women 35+, 45+	8:30 AM	20 MILES	3 Combined	Cash (\$75.)
Women Cat 5	8:30 AM	20 MILES	3	MEDALS
Men 35+, 45+	8:30 AM	20 MILES	3 Combined	Cash (\$75)
Men PRO*, 1,2,3,4	8:30 AM	20 MILES	3 Combined	Cash (\$100.)
Men 55+	8:30 AM	20 MILES	3 Combined	MEDALS
Men Cat 5	8:30 AM	20 MILES	3	MEDALS

Roadway is open to local traffic, PLEASE **NO WARMING UP ON THE COURSE**, BRING YOUR TRAINER all USAC Rules apply