



**TCC & VMS 20K TT and Criterium
Sponsored by Twin City Cyclists and
Vantage Multi Sport
Monroe, LA
February 21, 2010**

Time Trial

Total payout of \$400.00
LAMBRA LCCS Event
Held under USA Cycling Event Permit

Overall Payout

1 st	\$100.00
2 nd	\$70.00
3 rd	\$50.00

Payout for next fastest in each category

Cat 3	\$30.00
Cat 4	\$30.00
Master 35+	\$30.00
Master 45+	\$30.00
Master 55+	\$30.00
Women	\$30.00
Jr.	Medal
Cat 5	Medal

No Duplicate Prizes

Entry Fee - \$25.00 –All Categories, except Juniors
Juniors Entry Fee - \$5.00. One-Day License is \$10.00

TT - All categories will be scored separately for LCCS points

Registration:

Race-day registration is from 7:30 – 8:30 a.m. at Moon Lake Marina, Monroe, LA. First rider off at 9:00 a.m. One-Day and Annual licenses will be available

Course:

Horseshoe Lake Rd. is flat, relatively smooth, out and back course. Riders will start in order of registration. Riders need to be aware of any traffic and proceed with caution

Directions:

From I-20 Take exit 118B to US-165N for 11 miles, then take left on Horseshoe Lake Rd to Moon Lake Marina, and follow signs to registration.

Race Notes:

Riders go off in one minute intervals.
All USCF Rules Apply.
Jerseys must have sleeve
Approved Helmets must be worn
Numbers must be placed on the right hip.
Number CAN NOT be folded.
Audio players, i.e. mp3 players, are NOT allowed.

For More Information Contact:

Ricky Dunn
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318-396-4841



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Criterium

Payout will be 1/2 of Criterium entry fee per category not to exceed \$499 per category.

<u>Category</u>	<u>Start Time</u>	<u>Time</u>	<u>Entry</u>	<u>Field Limit</u>
Cat 4, 5- 40+	1:30 PM	25 minutes	\$15	50
Cat 4, 5 - 39 -	2:10 PM	25 minutes	\$15	50
Women/Juniors	2:50 PM	25 minutes	\$15	50
Cat 1,2,3	3:30 PM	40 minutes	\$15	50

One-Day License is \$10.00

Payout

<u>1-15 Racers</u>		<u>16-23 Racers</u>		<u>24-31 Racers</u>		<u>32 or more Racers</u>	
1 st	47%	1 st	38%	1 st	31%	1 st	27%
2 nd	33%	2 nd	29%	2 nd	26%	2 nd	23%
3 rd	20%	3 rd	20%	3 rd	20%	3 rd	19%
		4 th	13%	4 th	14%	4 th	15%
				5 th	9%	5 th	10%
						6 th	6%

No LCCS points will be awarded for the Criterium.

Registration:

Registration will take place at the criterium course. Race-day registration will start at 12:00PM and end 30 minutes before the start of each race. One-Day and Annual licenses will be available

Course:

The course will be approximately a 1/2 mile and flat.

Directions:

Map will be posted at lambra.org

Race Notes:

All USCF Rules Apply - Jerseys must have sleeve - Approved Helmets must be worn - Numbers must be placed on the right hip. - Number CAN NOT be folded. - Audio players, i.e. mp3 players, are NOT allowed.

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Criterion location is noted on map as "A".

