



2011 LAMBRA USCF



TEAM TIME TRIAL CHAMPIONSHIP

SUNDAY, AUGUST 21, 2011

LABADIEVILLE, LA



Held Under USA Cycling Event Permit



RACE LOCATION: Intersection of LA 398 and LA 1. Parking will be behind the **Wag-A-Pak Truck Stop** (2573 Louisiana 1, Labadieville, LA 70302) and also behind Diamond Jim's Casino.

ENTRY FEE: \$80 per team. Everyone must have a USCF license. One-day USCF licenses will be available on race day.

EVENT DISCIPLINE: Four man team time trial (Road)

REGISTRATION: Registration will be in the parking lot of the Wag-A-Pack Truck Stop located on the corner of LA 1 and LA 398 in Labadieville, LA. Race Day Registration will be held at the race location the morning of the ride from 7:00 am until 8:30 am. Team members, please pick up your numbers together. One-day USCF licenses will be available on race day. Teams containing riders with one-day USCF licenses are not eligible for LAMBRA Cycling Cup Series (LCCS) points or USAC championship medals.

COURSE DESCRIPTION: Race begins on LA 398 near it's intersection with LA 1 in Labadieville, LA. and ends at the same location. The course is an out and back (14.5 miles each way) for a total distance of 29 miles. Riders will start at LA 398 in front of the Dollar General store and proceed approximately 10 miles on LA 398. LA 398 has wide shoulders. After 10 miles, riders will follow the road to the right which has now turned into LA 662. Riders will travel on LA 662 for approximately 4.5 miles before turning around and riding the same route back. LA 662 has no shoulders and is semi rough on a small portion of it's length. This course will be open to vehicular traffic and will also have course marshals along the route to aid in safety. Please be on the lookout at all times for vehicles. The course will end approximately 200 feet past the Dollar General store where the start line is.

DIRECTIONS:

On US 90 from Lafayette - Take US 90 south to Amelia. At the LA 662 exit (right at the foot of the Amelia Bridge), exit and turn right onto LA 662. Travel approximately 5 miles. Stay to the left and this highway will change to become LA 398. Travel here for approximately 10 miles. Parking and registration will be on the left at the truck stop at LA 398's intersection with LA 1.

On LA 1 From Baton Rouge - Travel south on LA 1 to Labadieville, LA. Registration will be at the truck stop (on the right) at LA 1's intersection with LA 398. It's approximately 3/4's of a mile south of the church in Labadieville.

On LA 1 from Thibodaux - If coming from the New Orleans area, you can either exit onto LA 1 in Raceland and travel north approximately 15 miles toward Thibodaux. Continue northbound on LA 1 past Thibodaux for approximately 8 miles and you will enter into Assumption Parish. Approximately 2 miles after entering Assumption Parish the LA 1 and LA 398 intersection will be on your left. You will see the truck stop on the left at the corner.



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On US 90 from the New Orleans area - Continue westbound (past LA 1) on US 90 from New Orleans, exit onto LA 24 (milepost 202) and turn right. Travel on LA 24 for approximately 6 miles. When you get to the overpass the highway will turn into LA 20 automatically. Get in the left lane and turn left onto LA 3185 (it's the first traffic light past the overpass). Continue down LA 3185 for approximately 5 miles. You will go through 2 stop signs. At the traffic light, turn left. That is LA 1. Travel northbound on LA 1 for approximately 8 miles and you will enter into Assumption Parish. Continue northbound on LA 1 for approximately 2 more miles and you will see LA 1's intersection with LA 398. Turn left here. The truck stop is on the left at the intersection of LA 1 and LA 398.

LOCAL HOTELS: *Hampton Inn* 826 North Canal Blvd., Thibodaux, LA (985) 446-0900
Days Inn 158 Glenwild Drive, Thibodaux, LA (877) 446-1933

CONTACT INFORMATION:

Bayou Country Cyclists/Green Team
Matt Trahan - 985-209-0898
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Tiger Cycling Foundation
Dustin Flint - 225-719-1112
dustinflint@yahoo.com

WEBSITE: Visit <http://bccbike.org/timetrial> for information including course & location maps.

Below will be the starting lineup including distance and prizes awarded. **First team goes off at 9 am followed by the other ones in two minute increments.** Medals will be awarded following the conclusion of racing.

Start Order	Category of Riders	Distance	Prizes
1 st	Cat 1/2	29 Miles	Medals for 1 st , 2 nd , 3 rd
2 nd	Cat 3	29 Miles	Medals for 1 st , 2 nd , 3 rd
3 rd	Cat 4	29 Miles	Medals for 1 st , 2 nd , 3 rd
4 th	Cat 5	29 Miles	Medals for 1 st , 2 nd , 3 rd
5 th	Master's 40+	29 Miles	Medals for 1 st , 2 nd , 3 rd
6 th	Master's 55+	29 Miles	Medals for 1 st , 2 nd , 3 rd
7 th	Women	29 Miles	Medals for 1 st , 2 nd , 3 rd
8 th	Juniors	20 miles	Medals for 1 st , 2 nd , 3 rd



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Relevant LAMBRA Cycling Club Series (LCCS) Rules:

LAMBRA Cycling Club Series

Team Time Trials

Team Time Trials will be scored according to the Time Trial points schedule (Table 3).

All riders on a team must hold current USCF annual licenses in order for any of them to be eligible for LCCS points.

Teams with mixed LCCS Classes/Categories will compete in the class/category of the most advanced team member according to the following hierarchy.

Cat. 1,2; Cat. 3; Cat. 4; Master 40+; Master 55+; Junior.

Teams composed entirely of Master or Junior riders must elect in advance to compete in either the appropriate Skill Category or Age-Graded LCCS race. Teams containing riders with one-day USCF licenses are not eligible for LAMBRA Cycling Cup Series (LCCS) points or USAC championship medals.

Relevant USCF Team Time Trial Rules:

3F. Team Time Trial

3F3. Only road bicycles shall be used. **This does not exclude typical Time Trial or Triathlon bicycles.**

3F4. The starting interval between teams will normally be at least two minutes, but may be increased according to the course.

3F5. Starting order may be chosen by random selection, by numeric order, or by seeding (fastest last). **For this event, we will begin with the lineup listed above - Cat 1/2, Cat 3, Cat 4, Cat 5, Masters 40+, Masters 55+, Women and Juniors.**

3F6. Start.

(a) Each team shall report to the starter at least three minutes before their scheduled starting time and shall start at the scheduled time. If a team appears later than the appointed starting time, the start shall be allowed only if it does not interfere with other teams starting on schedule. If it does interfere, the team may be further delayed. In case of a late start, the appointed time shall be used in computing results.

(b) The riders from each team shall line up side by side at the start. All riders shall be held by officials at the start and shall neither be restrained nor pushed. When there are too few holders, all riders must start with one foot on the ground. All teams must start in the same manner. No restarts shall be permitted for any reason.

3F7. In championship events, teams shall consist of four riders and the team time is the time of the third rider. Thus, at least three riders must finish.

3F8. Teammates on different laps may not work together [entire team disqualified].

3F9. All pushing of riders is forbidden, even among teammates. Such pushing will result in the entire team being disqualified.

3F10. No team shall take pace behind another team closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side [time penalties in Table 2].

3F11. The exchange of food, drink, minor repair items, help with repairs and exchange of wheels or bicycles shall be permitted solely among members of the same team.