



OMNIUM ROAD RACE

Stage 1
Folsom South Canal ITT
Friday 9-10-2010

Stage 2
Folsom Challenge Crit
Saturday 9-11-2010

Stage 3
Two Bridges Circuit Race
Sunday 9-12-2010

COURSE DESCRIPTIONS

Folsom South Canal Individual Time Trial (PRE REGISTRATION ONLY) Riders competing in the South Canal Time Trial will be treated to a traditional ~11 mile out and back course...with a few twists. The road is completely closed to autos, nicely paved and very fast. The challenge will be small rollers (3 each direction for a total of 6). The rollers are short, but steep enough to break up your rhythm.

Folsom Challenge Criterium The Folsom Challenge Criterium takes place on a flat course with excellent pavement in the tree lined Lake Forest Business Park. Racers compete counter clockwise, flying through two 90-degree corners entering and exiting Lake Forest Road, connected by a horseshoe shaped Blue Ravine Road. A wide open sprint for the finish will favor lead-outs, good timing and high top end speed.

Two Bridges Circuit Race Already a Northern California racing classic after just one year, we have fine tuned the course (two 180-degree turns) from last year into a thrilling new 1.3-mile lap through the historic downtown features two of Folsom's most notable bridges over the American River/Lake Natoma: the impressively engineered Lake Natoma Crossing, and the iconic and historical Rainbow Bridge. The spectating is as amazing as the race venue. The entire length of the Lake Natoma Crossing and each side of the Rainbow Bridge will be available for race viewing. This race is unique, beautiful, and exciting.

HOW TO ENTER

Enter at **sportsbaseonline** until noon on September 8th. We HIGHLY RECOMMEND you pre-register, we expect full fields. No refunds. Race day registration: add \$5 fee, opens 30-minutes prior, closes 15-minutes before scheduled start of each event. The *Time Trial is Pre-Reg ONLY*. Held rain or shine under UCSF rules/permit. Under 19 y/o, parent or guardian signature required. All racers need to complete the NCNCA release form (http://www.usacycling.org/forms/rider_release.pdf) and City of Folsom Release form (<http://www.folsomcyclebration.com>) USAC license required. No license, no race, no exceptions. Cat 5 men, Cat 4 women, may use a one-day license (complete form on-site). Entry fee includes USCF insurance and NCNCA surcharges. 2010 champs pay \$35 if pre-register/race in their category (will refund difference on race day from pre-registration cost).

RACE CONDUCT

Please respect your host community and conduct yourself appropriately. Bathroom facilities will be provided in parking areas...use them! All USA Cycling guidelines for conduct will be imposed and points fines or disqualification levied.

SCHEDULE OF EVENTS

Folsom South Canal Time Trial

| Category | cost |
|---------------------|-------|
| Women 4 | \$29 |
| Masters M 35+ Cat 5 | \$29 |
| Masters M 45+ Cat 4 | \$29 |
| Elite 3 M | \$29 |
| Hand Cycle M/W | \$20* |
| Pro 1-3 W | \$29 |
| Juniors 10-14 | \$15 |
| Juniors 15-18 | \$15 |
| Pro 1-2 M | \$29 |
| Elite 5 M | \$29 |
| Masters 35+ Cat 4 | \$29 |
| Masters 35+ Cat 1-3 | \$29 |
| Mstr 45/55+ Cat 1-3 | \$29* |
| Elite 4 M | \$29 |

*Picked separately

All prices reflect if you sign up for all three events, individual event prices are higher...see individual event flyers for individual race price.

Folsom Challenge Criterium

| Category | length | time | limit | cost |
|-----------------|--------|----------|-------|-------|
| Elite 5 | 40 min | 7:15 am | 50 | \$29 |
| Women 4 | 40 min | 8:05 | 50 | \$29 |
| Mstr 35+ 5 | 40 min | 8:55 | 50 | \$29 |
| Wmn Pro1-3 | 45 min | 9:45 | 100 | \$29 |
| Mstr 35+4 | 45 min | 10:45 | 75 | \$29 |
| Jnr 10-14/15-18 | 30 min | 11:40 | 30/45 | \$15* |
| Mstr 45+ 4 | 45 min | 12:20 pm | 75 | \$29 |
| Hand Cycle M/W | 30 min | 1:15 | 30/20 | \$20* |
| Elite 3 | 50 min | 1:55 | 100 | \$29 |
| Elite 4 | 45 min | 2:55 | 100 | \$29 |
| Mstr 35+ 1-3 | 50 min | 3:50 | 100 | \$29 |
| Mstr 45/55+ 1-3 | 50min | 4:50 | 45/30 | \$29* |
| Pro 1-2 | 60 min | 5:50 | 150 | \$29 |

Two Bridges Circuit Race

| Category | length | time | limit | cost |
|------------------------|--------|--------|-------|-------|
| Women 4 | 30 min | 7:40am | 50 | \$34 |
| Mstr 35+ Cat 5 | 40 min | 8:15 | 50 | \$34 |
| Mstr 45+ Cat 4 | 45 min | 9:00 | 100 | \$34 |
| Elite 3 | 50 min | 9:50 | 100 | \$34 |
| Hand Cycle M/W | 30 min | 10:45 | 30/20 | \$25* |
| Women Pro 1-3 | 50 min | 11:20 | 100 | \$34 |
| Public Ride de Bridges | 30 min | 12:10 | na | FREE |
| Jnr 15-18/10-14 | 30 min | 12:40 | 45/30 | \$20* |
| Pro 1-2 | 65 min | 1:15 | 150 | \$34 |
| Elite 5 | 40 min | 2:25 | 50 | \$34 |
| Mstr 35+ Cat 4 | 45 min | 3:10 | 100 | \$34 |
| Mstr 35+ Cat 1-3 | 50 min | 4:00 | 100 | \$34 |
| Mstr 45/55+ 1-3 | 45 min | 4:55 | 60/40 | \$34* |
| Elite 4 | 45 min | 5:45 | 100 | \$34 |

SCORING

The Omnum will be scored as noted below. Winner is rider who accumulates the most points: No Omnum registration required. All riders are automatically entered in the Omnum with any of the three races. Time trial results will be used as tie breaker, followed by Criterium results if necessary

Folsom South Canal Time Trial

| | |
|-----|----|
| 1st | 55 |
| 2nd | 52 |
| 3rd | 49 |
| 4th | 46 |
| 5th | 44 |

Folsom Challenge Criterium

| | |
|-----|----|
| 1st | 50 |
| 2nd | 47 |
| 3rd | 44 |
| 4th | 41 |
| 5th | 39 |

Two Bridges Circuit Race

| | |
|-----|----|
| 1st | 50 |
| 2nd | 47 |
| 3rd | 44 |
| 4th | 41 |
| 5th | 39 |

Continues at 2pt intervals, minimum 2pt

Continues at 2pt intervals, minimum 2pt
 3-Prime's with total of 6 points available

Continues at 2pt intervals, minimum 2pt

NOTE - KEEP YOUR NUMBER FOR ALL EVENTS!!!

RESULTS

Results will be posted on a results board located at registration. Results will be posted as soon as reasonably possible to ensure accuracy and, per USA Cycling guidelines, subject to a challenge for 15-minutes following posting. Results are available no later than 1-hour prior to the start of the next stage.

PRIZE LISTS

Individual Stages

The top 3 Individual stage winners win medals for their places plus prizes provided by each stage promoter...see event flyers for details.
Winner of the Folsom Challenge Criterium, Masters 35+ 1-3 will have their name inscribed on **Richard Lucas Cup** displayed at Body Concepts.

Overall Omnium - total prize \$6,000-

| Category | Cash |
|---------------------|--------------|
| Pro 1-2 | \$1,600 / 16 |
| Women Pro 1-3 | \$800 / 8 |
| Women 4 | \$275 / 4 |
| Masters 35+ 4 | \$390 / 4 |
| Masters 35+ 5 | medals only |
| Masters 35+1-3 | \$575 / 5 |
| Masters 45+ 4 | \$390 / 4 |
| Masters 45+ 1-3 | \$300 / 3 |
| Masters 55+ 1-3 | \$300 / 3 |
| Hand Cycle Men | \$250 / 3 |
| Hand Cycle Women | \$155 / 3 |
| Elite 3 | \$575 / 5 |
| Elite 4 | \$390 / 4 |
| Elite 5 | medals only |
| Juniors 10-14/15-18 | medals only |

Rider does not need to complete all events to qualify for Overall Omnium Points and Prizes.
Minimum value listed, cash for all Categories except Juniors and Elite 5 who receive medals only.
Overall winner of Men/Women's Pro 1-2 names inscribed on **Cyclebration Cup** displayed at Folsom City Hall

DIRECTIONS TO EVENTS

Folsom South Canal Time Trial

For driving direction, go to google map and enter address:
11148 White Rock Rd, Rancho Cordova, CA 95670.

**Note that there is construction at the entrance of the canal from White Rock Rd. and cannot get to the start of TT the normal way. Proceed west on White Rock Rd. and go south on Kilgore Rd. Then left on Slyvaner Dr. (into a neighborhood) and left on Chrstom Dr. and Right on Oselot Way. Follow Oselot until you get to the undeveloped neighborhood. Parking and registration is there. A bike path entrance to the canal is by the big water tower. It's just a little square detour through the neighborhood and you can ride your bike through it all.

****Do not park in occupied neighborhoods****

Folsom Challenge Criterium

Highway 50, Exit Folsom Blvd., Turn Left (North) on Folsom Blvd., Turn Left (West) on Blue Ravine., Look for signposts/course martial's for parking.

Two Bridges Circuit Race

Highway 50, Exit Folsom Blvd., Turn Left (North) on Folsom Blvd., Turn Right on Natoma Street. Turn Left on Wool or Decatur streets to enter Historic Folsom. Look for signposts for parking.

NOTE - KEEP YOUR NUMBER FOR ALL EVENTS!!!

PRESENTED BY

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