

# ROANOKE CYCLING WEEKEND



## USCF MILL MOUNTAIN TIME TRIAL SATURDAY JULY 7TH

WWW.ROANOKECYCLING.ORG/GAMES

## RCO FUN RIDE SUNDAY JULY 8TH



USA CYCLING  
USCF permit pending

### THE EVENT

The Roanoke Valley hosts the 2007 Coventry Commonwealth Games of Virginia Roanoke Cycling Weekend presented by VAS, Team El Toreo and the sponsoring club, the Roanoke Cycling Organization.

In 2006, the Roanoke Cycling Omnium was a huge success for those competitors that attended, placing the Roanoke Valley back on the map for road racing. We thank everyone on the racers to the volunteers for their support. The RCO and VAS wished for this to continue, unfortunately the road race and criterium hit our pocketbooks hard and those races have temporarily taken the back seat.

For 2007, we still wished to throw our hat in the ring at least by hosting the ever popular classic ascent - the Mill Mountain Time Trial. And, since we are unable to promote any additional road races, we still wish to show off our wonderful terrain by hosting the RCO Fun Ride on Sunday, July 8th. No license needed. Please add this event on BikeReg.com when registering for the time trial. First rider off at 1:00pm Visit [www.roanokecycling.org/games](http://www.roanokecycling.org/games) for more race info.

### THE TIME TRIAL COURSE

Race where the pros raced! Brian Walton, Floyd Landis and Scottie Weiss are just some of the few who have left their mark on this infamous up hill time trial. The single lane road meanders up the 900 vertical foot mountain with switchbacks and a unique tunnel/bridge road design which finishes just before the base of the actual star structure. This classic uphill time trial is 1.87 miles and a gain of almost 900 vertical feet. Course record is 8:27. For more info, please visit [www.roanokecycling.org](http://www.roanokecycling.org) for details and results.

### THE USCF CATEGORIES

#### Mens Categories

(all qualify for VA BAR points)  
Jr 10-12 (& 1-day) Jr 13-14 (& 1-day)  
Jr 15-16 (& 1-day) Jr 17-18 (& 1-day)

Senior Cat 1,2  
Senior Cat 3  
Senior Cat 4  
Senior Cat 5 (& 1-day)

Masters 30+  
Masters 40+  
Masters 50+  
Masters 60+

#### Womens Categories

(all qualify for VA BAR points)  
Jr 10-12 (& 1-Day) Jr 13-14 (& 1-day)  
Jr 15-16 (& 1-Day) Jr 17-18 (& 1-Day)

Senior Cat 1,2,3  
Senior Cat 4 (& 1-Day)

Masters 40+ (1-4)

### THE AWARDS

- Gold, Silver, Bronze medals for all Commonwealth Games categories
  - Points for VABAR (Best All-around Rider) for TT
  - KOM jerseys for the fastest female & male of the TT.
  - Each participant is awarded one Games tee shirt (1 tee per entrant regardless of how many events entered)

### THE DETAILS

[www.roanokecycling.org/games](http://www.roanokecycling.org/games)

for online registration, details, waivers, maps and directions.

[www.vacycling.org](http://www.vacycling.org)

for more information on the VABAR and the VA 2007 racing calendar

[www.usacycling.org](http://www.usacycling.org)

for membership and reference to the rulebook

Take note: if you plan on racing more than two races for the 2007 season, please become a USCF member to race all year.



### THE ENTRY

Time Trial:

\$20 (all Senior USCF & Masters)

\$10 (all USCF Juniors & 1-Day Juniors)

All 1-Day licensees can register on day of event.

USCF 1-Day License is \$10 per day which can be obtained on-site. Online registration at [www.bikereg.com](http://www.bikereg.com), add \$6 processing fee for mail-in or day-of registration. No unattached fees, but we suggest hooking up with a team, visit [www.usacycling.org/clubs](http://www.usacycling.org/clubs) for sponsoring clubs.

Make check payable and mail to:

VAS, 3418 Fleetwood Ave, Roanoke, VA 24015

Free entry for 2006 VA BAR champions: Please register online, your reimbursement check will be in your race packet (Entry minus \$3: \$2 for USCF insurance and \$1 VA BAR fee) plus any applicable registration fees.

RCO Fun Ride:

\$10 for all riders. Register online at [www.bikereg.com](http://www.bikereg.com) or on-site

No license required, just add to your TT registration.  
Course setup, SAG, maps & other goodies provided.

### THE RULES

All races adhere to the 2007 USCF Racing Rulebook.

**NO LATE FEE**, online registration closes July 5th at 11:59pm

Mail-in must be **received** by July 5th

No refunds, no entry swapping or selling. TT runs rain or shine.

Registration and/or check-in is 10:00am-12:30pm Saturday, July 7th at Roanoke City Parks & Rec Building at 210 Reserve Ave for TT.

To speed up registration, please have your printed online registration receipt, valid USCF and drivers licenses in hand and ready BEFORE getting in line! We will provide the USCF & VAS Liability Waivers, all you have to do is sign. All 1-Day USCF License racers need to have the two-part document completed at registration, minors must have a parent/guardian sign.

### THE CONTACTS

Any and all questions contact Ron Glowczynski at [racedirector@roanokecycling.org](mailto:racedirector@roanokecycling.org) or 540.580.7284  
Volunteers and USCF questions contact Bob Bowman at [bob.bowman@roanokecycling.org](mailto:bob.bowman@roanokecycling.org) or 540.529.9151

