



**The Annapolis Bicycle Racing Team is Proud to Present its
 Fall 2008 Church Creek Time Trial
 and Host The 2008 MD Senior Olympics TT
 and The 2008 MABRA Senior and Age Graded ITT Championships
 Saturday, August 9, 2008**

Held Under USA Cycling Permit Number xxxxxxxx

	Field	Distance	Start Time	Fee	Awards	Cash Prizes
ITT	MD Senior Olympics – 50-54 ¹	5k	8:00a	\$ 10.00	Medals / Ribbons	
	MD Senior Olympics – 55-59 ¹	5k		\$ 10.00	Medals / Ribbons	
	MD Senior Olympics – 60-64 ¹	5k		\$ 10.00	Medals / Ribbons	
	MD Senior Olympics – 65-69 ¹	5k		\$ 10.00	Medals / Ribbons	
	MD Senior Olympics – 70-74 ¹	5k		\$ 10.00	Medals / Ribbons	
	MD Senior Olympics – 75-79 ¹	5k		\$ 10.00	Medals / Ribbons	
	MD Senior Olympics – 80-100+ ¹	5k		\$ 10.00	Medals / Ribbons	
	MD Senior Olympics – 50-54 ¹	10k	8:45a	\$ 15.00	Medals / Ribbons	
	MD Senior Olympics – 55-59 ¹	10k		\$ 15.00	Medals / Ribbons	
	MD Senior Olympics – 60-64 ¹	10k		\$ 15.00	Medals / Ribbons	
	MD Senior Olympics – 65-69 ¹	10k		\$ 15.00	Medals / Ribbons	
	MD Senior Olympics – 70-74 ¹	10k		\$ 15.00	Medals / Ribbons	
	MD Senior Olympics – 75-79 ¹	10k		\$ 15.00	Medals / Ribbons	
	MD Senior Olympics – 80-100+ ¹	10k		\$ 15.00	Medals / Ribbons	
	Masters Men – 60-64 ²	20k	9:30a	\$ 15.00	Medals 1st To 5th	
	Masters Men - 65-69 ²	20k	9:32a	\$ 15.00	Medals 1st To 5th	
Masters Men - 70+ ²	20k	9:34a	\$ 15.00	Medals 1st To 5th		
Masters Women 50+ ³	20k	9:36a	\$ 15.00	Medals 1st To 5th		
Junior 10-14 ²	20k	9:38a	\$ 10.00	Medals 1st To 5th		
Junior 15-18 ²	20k	9:40a	\$ 10.00	Medals 1st To 5th		
TTT	Masters 2 Man 60+ ⁴	20k	9:55a	\$ 25.00	Medals 1st To 3rd	\$ 50.00 WTA
	Masters 4 Man 60+ ⁴	20k	9:57a	\$ 45.00	Medals 1st To 3rd	\$ 75.00 WTA
ITT	Masters Men 50+ ²	40k	10:30a	\$ 20.00	Medals 1st To 5th	
	Masters Men 40+ ²	40k	10:32a	\$ 20.00	Medals 1st To 5th	
	Masters Men 30+ ²	40k	10:34a	\$ 20.00	Medals 1st To 5th	
	Category 5 Men ³	40k	10:36a	\$ 20.00	Medals 1st To 5th	
	Category 4 Men ²	40k	10:38a	\$ 20.00	Medals 1st To 5th	
	Category 3 Men ²	40k	10:40a	\$ 20.00	Medals 1st To 5th	
	Espoir (19-23) Men ³	40k	10:42a	\$ 20.00	Medals 1st To 5th	
	Category 1 & 2 Men ²	40k	10:44a	\$ 20.00	Medals 1st To 5th	
	Masters Women 40+ ²	40k	10:46a	\$ 20.00	Medals 1st To 5th	
	Category 4 Women ²	40k	10:48a	\$ 20.00	Medals 1st To 5th	
	Category 3 Women ²	40K	10:50a	\$ 20.00	Medals 1st To 5th	
Category 1 & 2 Women ²	40K	10:52a	\$ 20.00	Medals 1st To 5th		
TTT	2 Man Category 5 ³	40k	11:10a	\$ 20.00	Medals 1st To 3rd	
	2 Man Category 3 & 4 ³	40k	11:12a	\$ 30.00	Medals 1st To 3rd	\$ 75.00 WTA
	2 Man Masters 50+ ⁴	40k	11:14a	\$ 30.00	Medals 1st To 3rd	\$ 75.00 WTA
	2 Man Masters 40+ ⁴	40k	11:16a	\$ 30.00	Medals 1st To 3rd	\$ 75.00 WTA
	2 Man Masters 30+ ⁴	40k	11:18a	\$ 30.00	Medals 1st To 3rd	\$ 75.00 WTA
	2 Man Professional & Category 1/2/3 ³	40k	11:20a	\$ 30.00	Medals 1st To 3rd	\$ 75.00 WTA
	3 Woman Category 4 ³	40k	11:22a	\$ 30.00	Medals 1st To 3rd	\$ 100.00 WTA
	3 Woman Open ³	40k	11:24a	\$ 45.00	Medals 1st To 3rd	\$ 200.00 WTA
	4 Man Category 5 ³	40k	11:26a	\$ 35.00	Medals 1st To 3rd	
	4 Man Category 3 & 4 ³	40k	11:28a	\$ 50.00	Medals 1st To 3rd	\$ 100.00 WTA
	4 Man Masters 50+ ⁴	40k	11:30a	\$ 50.00	Medals 1st To 3rd	\$ 100.00 WTA
	4 Man Masters 40+ ⁴	40k	11:32a	\$ 50.00	Medals 1st To 3rd	\$ 100.00 WTA
	4 Man Masters 30+ ⁴	40k	11:34a	\$ 50.00	Medals 1st To 3rd	\$ 100.00 WTA
	4 Man Open ³	40k	11:36a	\$ 75.00	Medals 1st To 3rd	\$ 300.00 WTA
Tandem ³	40k	11:38a	\$ 30.00	Medals 1st To 3rd	\$ 100.00 WTA	

1 – Men followed by Women – Riders start at 30 Second Intervals – No Breaks between Categories – Awards in each 5 Year Age Group From 50 To 100+

WTA = Winner Takes All

2 – MABRA Championship Event – Riders start at 30 Second Intervals – 2 Minute Break between Categories

3 – Non Championship Event – Riders start at 30 Second Intervals – 2 Minute Break between Categories

4 – Non Championship Event – Teams start at 2 Minute Intervals – No Breaks between Categories – All Team Time Trial members must meet the Minimum Age Requirements

Do you have a Need for Speed?

The Man and Woman posting the fastest times in the 40k ITT will receive a \$250.00 prize.*

ITT Registration: Online registration will be found at www.bikereg.com. Online registration will close at 9:00p on Wednesday, August 6, 2008. No mail-in or day-of registration, entry-swapping, or refunds. Be sure to register for the category(ies) you plan on participating in. Sign in and Number Pick Up will be located at Cambridge-South Dorchester High School, 2475 Cambridge Bypass, Cambridge, MD 21613. Registration will open at 6:45a.

TTT Registration: The entrance fee listed in the above table for each TTT Category is the Team Fee. Please designate a captain of the team and have them register. The registration staff will set aside enough numbers for the team during the start time assignment process. The registered team member will have a completed release form available for signature. All other team members will be required to fill out a release form prior to receiving their number.

A Portion of the Proceeds will Benefit the Church Creek Fire Rescue Squad

Fall 2008 Church Creek Time Trial

Parking: Parking will be provided at the Cambridge-South Dorchester High School, 2475 Cambridge Bypass, Cambridge, MD 21613. No parking will be allowed at the Start / Finish Areas. Parking along either Route 355 or Route 16 may result in receiving a parking citation from the Dorchester County Sheriff's Department. The Park And Ride area will be reserved for Event Staff, Emergency Personnel, and USCF Officials **ONLY**. Parking will not be allowed in the Church Creek Volunteer Fire Department parking area.

Course: The course is smooth, flat, fast, scenic, and well marked with a wide shoulder available on most of it. *The course will be open to traffic.* Riders must ride as far to the right as possible to allow traffic to pass. The course is located in Church Creek, MD, which is approximately five miles from the high school. Riders must ride to the Start Area from the high school parking lot (use this transfer as part of your warm up – see the chart below for approximate transfer times). The 5Km, 10Km, and 20Km Out and Back Courses use the first leg (Route 355) of the 40km Course. The 5Km, 10Km, and 20Km TT Turnarounds are well marked and will be marshaled by police and civilians. The 40 Km Loop Style Course is also well marked and will be marshaled by police and civilians. All riders: Please use EXTREME CAUTION and be prepared to stop if you are required to do so. The Start Area is approximately one quarter mile South of the Intersection of Routes 355 and 16, near the Church Creek Volunteer Fire Company, 1902 Church Creek Rd, Church Creek, MD 21622.

Start Time: Start time is dependent upon the number of registrants and will be assigned and posted after registration closes. Start times will be posted on www.abrtcycling.com at least 24 hours prior to the event. Categories will start in the order listed above. For riders who wish to do 2 or more races, we will make every attempt to ensure that your start times allow you to do multiple races, however, *we cannot guarantee it.* ITT riders will go off in 30 second increments while 2, 3, 4 person Teams and Tandems will go off in 2 minute increments. **DO NOT MISS YOUR START!** *Restarts are at the discretion of the Chief Referee and may be disallowed due to safety and / or logistical concerns.* Teams will be scored on the leading wheel of the 2nd rider for 2-TTT and the 3rd rider for 3-TTT / 4-TTT. The scoring rider must finish for the team to receive a time and place.

Approximate Transfer Times: Please allow ample time to ride from the high school to the start line. The following table should help you determine the minimum amount of time your transfer will take. Do not overestimate your average speed during your transfer as traffic and wind conditions may adversely affect your transfer time.

Average Speed	10 mph	12 mph	14 mph	16 mph	18 mph	20 mph
Transfer Time (5.25 miles)	31:30	26:15	22:30	19:45	17:30	15:45
Additional Cushion	5:00	5:00	5:00	5:00	5:00	5:00
Minimum Transfer Time	36:30	31:15	27:30	24:45	22:30	20:45

All USCF Rules Apply: Event will be held rain or shine. Entry fee includes a \$2.00 USAC Insurance Surcharge and \$1.00 MABRA Surcharge. Unlicensed riders need to purchase a USCF One Day License in order to race (available at the event for \$10.00). Male one-day licensees may enter the Men's Cat 5 and / or their appropriate age graded category. Female one day licensees may enter the Women's Cat 4 and / or their appropriate age graded category. \$5.00 Unattached Rider Fee will be assessed where applicable. MD Senior Olympic participants are required to purchase a one day license. For more information email registration@abrtcycling.com.

Common Courtesy: ABRT would like to remind everyone that we all have a responsibility to leave the time trial course cleaner than we find it on race day. All refuse should be discarded into appropriate containers. Any riders found illegally discarding objects on the high school grounds, the roads leading to and from the time trial course, and the roads of the time trial course itself will be dealt with accordingly (see USCF Rule 3B9 which states in part - *'Riders may not discard materials that are not biodegradable; they may pass or throw such material to support personnel in places far from any bystanders [relegation or disqualification for littering or unauthorized feeding]'*). Two containers will be available for rider's use at the Start Line; one for refuse and one for extraneous water bottles, fanny packs, frame pumps, etc., etc., etc. Please be respectful of the environment and its inhabitants. Although ABRT will be supplying a container for extraneous personal affects, we do not guarantee their safety or return. If you will be concerned about the retrieval of your personal extraneous items please leave them locked in your car.

Follow Vehicles: While ABRT does not recommend the use of follow vehicles for either the ITT or TTT, their use is permitted per USCF Rules 3E7 and 3F12. Participants wishing to use follow vehicles must get prior written approval from the Chief Referee. Participants must submit Written Approval as well as Driver's License and Automobile Registration Information to the race director prior to July 18, 2008. Participants are responsible for any and all insurance costs associated with using a follow vehicle during their respective time trials (typically \$125.00 per vehicle). Follow vehicles must obey all applicable traffic laws and USCF Rules.

The 'Need For Speed' Prize will be awarded to the Male and Female rider posting the fastest times in the 40Km Individual Time Trial.

***Category 5 riders are not eligible for prizes per USCF Rules.**

First rider will go off at 8:00a. All other riders to follow based upon the number of registrants per category.

There will be a 30 minute break between 20k TTT and the 40k ITT as well as a 15 minute break between the ITT and TT Start Times.

Start list will be posted at least 24 hours prior to the start of the event.

Please see <http://www.abrtcycling.com> for details.