

# 2017

## *Southern California/Nevada Cycling Association Individual Time Trial Championships*

May 20, 2017

Lake Los Angeles, California

8:00am

Held under USAC Permit 2017-1412

### USAC CHAMPIONSHIP CATEGORIES

**Elite Men:** Categories 1-2, 3, & 4, **Masters Men:** 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

**Elite Women:** Categories 1-2, 3 & 4, **Masters Women:** 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

**Juniors Men and Women:** 9-10, 11-12, 13-14, 15-16, 17-18

**Tandem:** teams of two men, two women, and mixed; whose sum ages fall in the following categories: Men Open, Women Open, Mixed Open, Men 70+, Women 70+, Mixed 70+, Men 90+, Women 90+, Mixed 90+, Men 110+, Mixed 110+.

Championships will only be awarded to those riders who reside in the SCNCA territory (defined as Zip Codes 89000 - 89299 in NV and 90000 - 93599 in CA) but open to anyone to compete. Per USAC rules, here are the requirements to enter any SCNCA Championship event: 1) You must have an annual USAC license. You cannot enter with a one-day license. 2) You must be a USA Citizen or a Permanent Resident. If your license has an "N" for Citizen or a foreign license, you will be able to register for the race but are not eligible for any title, medal, or jersey. 3) Riders who meet the entry requirements, but live outside the SCNCA territory, can compete but are not eligible for any title, medal, or jersey. The three top spots are reserved for the first three SCNCA riders. **Men's Category 5 is for medals only** (No SCNCA Championship awarded to this category).

### \*\*\*\*\*REGISTRATION INFORMATION\*\*\*\*\*

Individual Registration Fee is \$40.00. Tandem Registration Fee: \$75.00. Junior Registration Fee: \$30.00. Register online at [www.usacycling.org](http://www.usacycling.org) **NO REFUNDS OR CREDITS. NO SAME DAY REGISTRATION.** For More Information Call Marty Brown at 714-271-8727 or visit our website at <http://www.scncaimetrics.com> or [www.teamvelosport.com](http://www.teamvelosport.com). ENTRY DEADLINE: Midnight, Wednesday, May 17<sup>th</sup>

### \*\*\*\*\*PRIZES\*\*\*\*\*

Medals will be awarded for First, Second and Third Places in each Category. First Place Winners will be authorized to purchase the Official SCNCA USAC State Championship Jersey. This event will count points toward the SOCAL Cup Standings for Masters and Juniors. Additionally, this event is part of the TRIPLE CROWN for Cat 4 Women, Men and Cat 4 35+ riders. Please see [www.scnca.com](http://www.scnca.com) for details. Riders MUST attend and finish all 3 races of the TRIPLE CROWN to be eligible for prizes.

### RULES, CHECK-IN AND COURSE

**RULES:** All USAC rules apply. Helmets are mandatory and shirts must cover shoulders. No farings or fixed gears allowed. First rider starts at 8:00am. Riders will depart at 30-second intervals. Start times will be posted on Thursday afternoon, May 18<sup>th</sup> at <http://www.scncaimetrics.com> and [www.socalcycling.com](http://www.socalcycling.com) and [www.scnca.com](http://www.scnca.com). Check-in, sign release and pick up race numbers at start of race, minimum 1 hour prior to your start time. You must be at the starting line staging area 3 minutes before your scheduled start time.

**COURSE:** 23.5 miles starting on Avenue O in front of the Vista San Gabriel Elementary School (Intersection of 180<sup>th</sup> St. E). Riders will travel East on Avenue O for 6 miles, take a right turn on 240<sup>th</sup> St. E for 2.75 miles, right turn on Palmdale Ave for 6 miles, right turn on 180<sup>th</sup> St. E for 2.75 miles, right turn on Avenue O for 6 miles to the Finish Line. Terrain consists of a 2% incline at mile 5 and 22.5, and another very short 2-3% incline at about mile 10. 450 feet is the total elevation gain, but you hardly notice it. Road surface is good to excellent. Course is 12 miles downwind, 5.5 miles crosswind and 6 miles headwind (if it's blowing in the morning). It's a fast and great "ride around the block!" **JUNIORS:** 14 & under will do the first straight leg only (6.0mi). 15-18 will start after the finish line and do one complete lap (17 miles). Junior gears restrictions apply. Rollout check required at the starting line. **SENIOR CATEGORIES:** Men 65-69, 70+, Women 55-59, 60-64, and 65+ will also start after the finish line and do one complete lap (17 miles).

### DIRECTIONS TO Lake Los Angeles

From LA: take the I-5 N to 14 North, exit at Pearblossom Hwy, bear right onto Hwy 138, Left on 165<sup>th</sup> St. E (turns into 170<sup>th</sup> St E), Right on Avenue O. From Orange County, Riverside, San Bernardino and San Diego: take the I-215/15 N, exit Hwy 138 to Palmdale, right on 165<sup>th</sup> St. E (turns into 170<sup>th</sup> St E), Right on Avenue O. Starting Line is in front of the Vista San Gabriel Elementary School at the intersection of Avenue O and 180<sup>th</sup> St. E.

Sponsored by: **Tm Velosport/RideBikerAlliance, Rock N' Road Cyclery and Canyon Velo**  
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