



GS BOULDER CYCLING TEAM

JUNIORS 10-18 RACE FREE

PRESENTS

SORRY, NO RACERS < 10

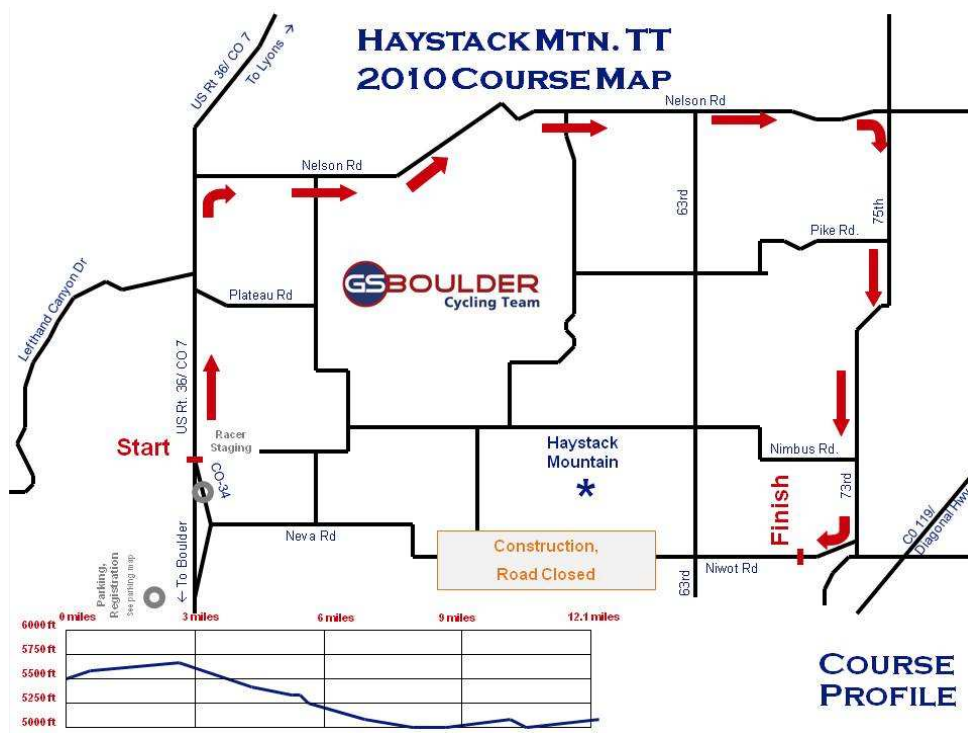
2010 Haystack Mountain Time Trials

Saturday April 17, 2010

Individual Time Trial & Team Time Trials

Description:

12.1-mile rolling loop north of Boulder (NO WARMUPS ON COURSE!) **Note:** Due to construction on Neva Road west of 63rd Street, the Haystack TT course has been modified for 2010; it will be a shorter, very fast and fun course. Riders must take a detour to return to the registration area please see the "Haystack Detour Details" document for details. If you are riding both ITT and TTT please be aware of the time it will take to return to the start and plan accordingly. We apologize for the inconvenience!
ACA Permit #: CO-1010; Chief Ref: Jay Morse



Race Info & Rules:

- Accident waiver must be signed by **all** racers or parent/guardian for anyone 10-18 years of age. **Helmets are mandatory!**
- ACA ITT and TTT rules apply.
- No neutral support. Have a pump and spare tube!
- Riders may not draft other riders in the ITT. No warnings, instant disqualification!
- Teams may draft own team members in the TTT.
- Individuals & Teams must stay on the shoulder of US 36, Nelson Road and 75th St., except if passing another rider/team.
- Individuals and Teams must stay as far right as practicable on Neva & Niwot Roads.
- Individuals depart at 20-second intervals. Teams depart in 40-second intervals.
- Men's teams may consist of up to 5 members for the TTT. Men's team's finish time is determined by the **third** rider across the finish line for each team.
- Junior & Women's teams may consist of up to 4 members for the TTT. Junior & Women team's finish time is determined by the **second** rider across the finish line for each team.
- Racers may race up categories to fill teams. Racers may not race down categories. (See ACA website for detailed BAR/BAT policy)

Parking:

Parking is available at the McGuckin Distribution Center on the west side of US 36 at the intersection with Neva Road. Please follow the parking marshals. No parking is allowed along the course. If you decide to ride to the start, we suggest parking your car in North Boulder (approx. 3 miles).



Directions:

From Denver: US 36 north through Boulder. Continue north approximately 5 miles on US 36/CO 7 towards Lyons. Parking is just south of the Neva Road intersection. Look for signs.

From Fort Collins: I-25 South. Take exit 243 for CO 66/County Road 30 west to Lyons. Left turn onto US 36/CO 7 south towards Boulder. Follow for 7 miles-- look for signs.

From Boulder: Ride your bike!

Registration:

License: (ACA license - must be presented at registration)
One day license may be purchased for **\$10**

Pre-Registration: Online registration will be at www.gsboulder.com:
(\$25 **Indiv. TT** -entry fee per rider with ACA license)
(\$20 **Team TT** -entry fee per rider with ACA license)

Day of Registration: A \$5 late registration fee will be assessed for day of registration. Packet pickup and registration opens at 9:00am and closes 30 min prior to each category start. **Make checks payable to GS Boulder.**

Cancellation/Weather: The race will run regardless of weather conditions. If the referee determines that racing would be dangerous due to any condition the race may be cancelled. Cancellation notices will be posted here: www.GSBoulder.com Entry fees will be refunded only if the event does not run. No other refunds!

Open field for TTT: The open race is meant to accommodate composite teams of mixed gender, category, and ages.

Race Info:

Individual TT Info

Age/Category	First Rider Start	Field Limit	Prizes (Top finishing Rider) some 2 nd and 3 rd place prizes
Senior Men 45+ Cat 4	10:00 am	40	Gift certificates & Merchandise
Citizens	10:10 am	30	Gift certificates & Merchandise
Senior Men 35+ Cat 3	10:20 am	20	Gift certificates & Merchandise
Juniors (<18)	10:30 am	60	Gift certificates & Merchandise
Senior Women 4	10:50 am	40	Gift certificates & Merchandise
Senior Women 3, SW 35 +	11:00 am	30	Gift certificates & Merchandise
Senior Men 35+ Cat 4	11:10 am	45	Gift certificates & Merchandise
Senior Men 55+	11:25 pm	40	Gift certificates & Merchandise
Senior Men 65+	11:40 pm	20	Gift certificates & Merchandise
Senior Men 35+	11:45 pm	25	Gift certificates & Merchandise
Senior Men 3	11:55 pm	40	Gift certificates & Merchandise
Senior Men 45+	12:10 pm	50	Gift certificates & Merchandise
Senior Men 4	12:25 pm	40	Gift certificates & Merchandise
Senior Women 1,2	12:40 pm	20	\$125(1 st) & \$100(2 nd), \$75(3 rd), \$50(4 th), \$25(5 th)
Senior Men Pro 1,2	12:45 pm	30	\$125(1 st) & \$100(2 nd), \$75(3 rd), \$50(4 th), \$25(5 th)

Team TT Info

Age/Category	First Team Start	Field Limit	Prizes (Top finishing Team) some 2 nd and 3 rd place prizes.
Open / Mixed	1:30pm	5	Gift certificates & Merchandise
Senior Men 35+	1:33 pm	10	Gift certificates & Merchandise
Juniors (<18)	1:40 pm	10	Gift certificates & Merchandise
Senior Women 3, SW 35+	1:45 pm	10	Gift certificates & Merchandise
Senior Women 4	1:50 pm	15	Gift certificates & Merchandise
Senior Men 45+	2:03 pm	12	Gift certificates & Merchandise
Senior Men 4	2:11 pm	15	Gift certificates & Merchandise
Senior Men 3	2:20 pm	12	Gift certificates & Merchandise
Senior Women 1,2	2:27 pm	8	\$300 (1 st), \$200 & (2 nd), \$100(3 rd)
Senior Men 55+	2:33 pm	8	Gift certificates & merchandise
Senior Men 65+	2:40 pm	4	Gift certificates & merchandise
Senior Men Pro 1,2	2:42 pm	10	\$300 (1 st), \$200 & (2 nd), \$100(3 rd)
Senior Men 35+ Cat 4	2:48 pm	12	Gift certificates & merchandise
Senior Men 45+ Cat 4	2:58 pm	6	Gift certificates & merchandise
Senior Men 35+ Cat 3	3:00 pm	6	Gift certificates & merchandise

These times may change slightly to allow as many riders as possible.

Official start times will be posted on www.gsboulder.com and at registration on race day.

Results will be posted on www.gsboulder.com

Questions: Heather Gelhorn: e-mail h.gelhorn@gmail.com or call 720-208-8245 (cell)

Visit www.gsboulder.com for more information.



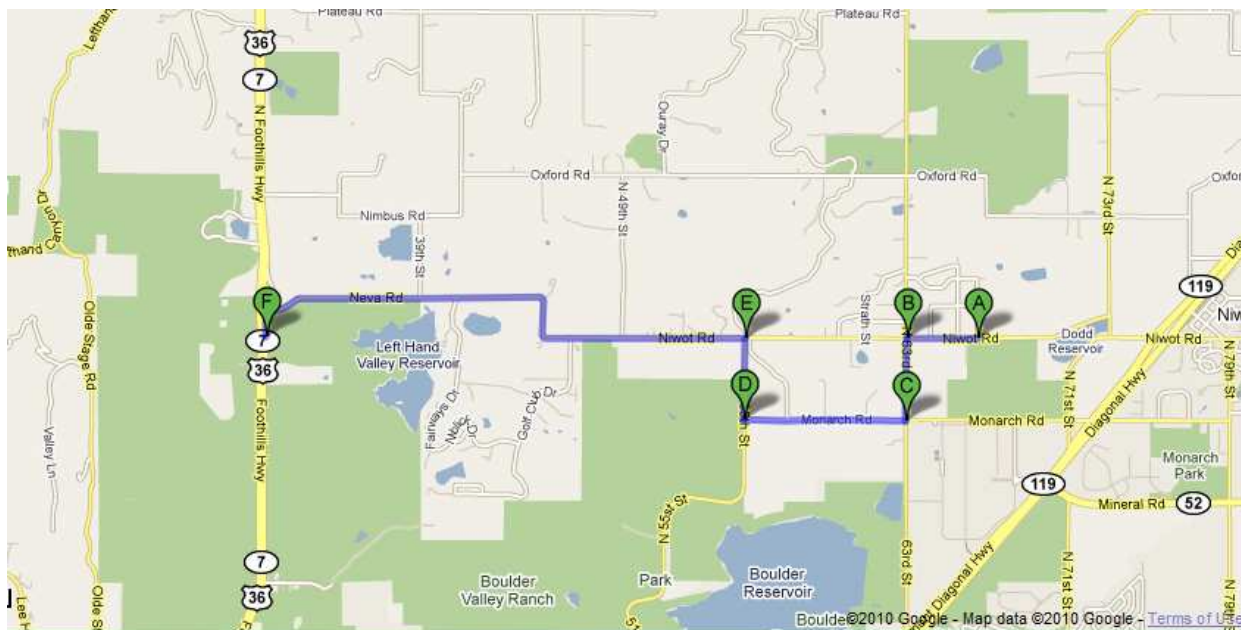
Haystack Time Trial – Road Construction Detour Details

There will be **active** road construction on Niwot Road just east of 55th Street on the day of our race. You will not be able to drive or ride your bike on the road as it will be closed to all traffic. Please be safe and obey all traffic laws as you navigate your chosen detour. We apologize for the inconvenience.

Racers will have three options:

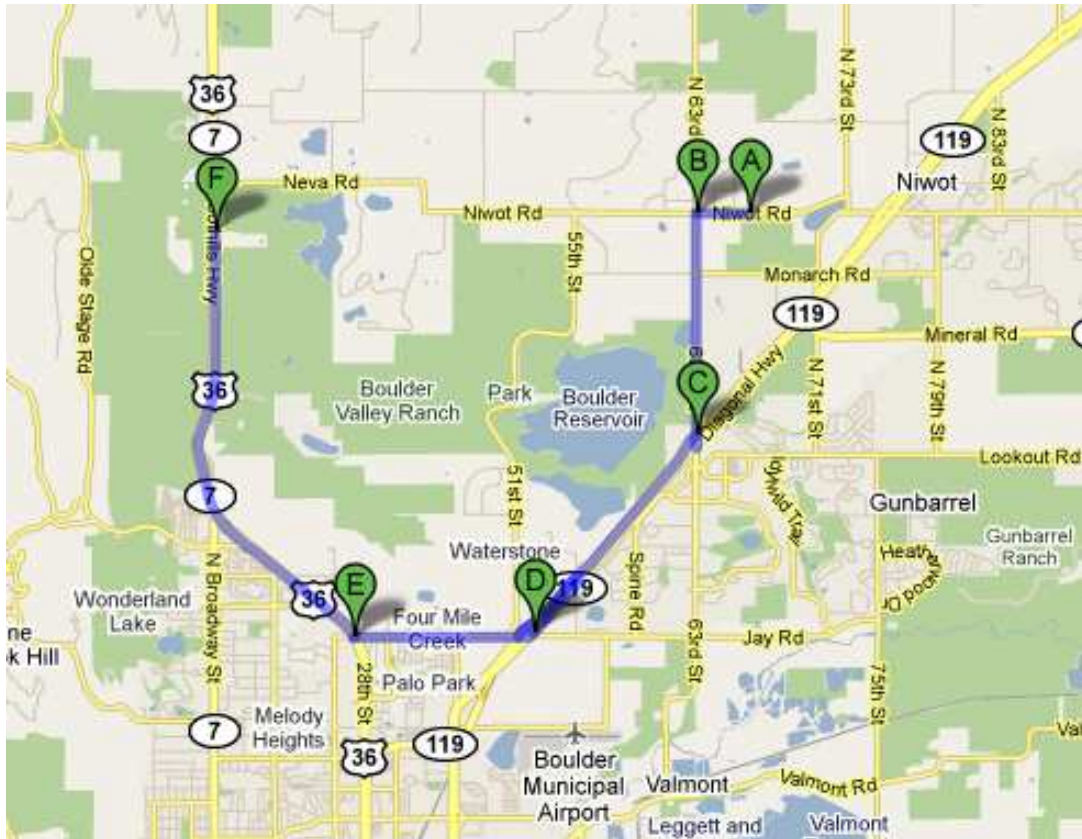
Option 1: Ride your bike from Boulder to the parking/registration and start area. Race. Ride your bike back to Boulder from the finish line. Check your **unofficial** results/times on the GS Boulder website, and view the official results on the ACA website when they are posted. **Note:** If you want to check results before they are final in case you wish to protest, you must return to the registration area and file an official protest on-site within the time limit in accordance with ACA rules.

Option 2: Ride approximately 6 miles back to the parking/registration area by heading west after you finish the race, detouring south on 63rd Street, west on Monarch Rd., north on 55th Street, and west back on Neva Road back to the registration/parking area. The section on Monarch Rd. and 55th Streets are dirt road (about 1.5 miles), the rest is pavement.



Haystack Time Trial – Road Construction Detour Details

Option 3: If you do not want to ride on any dirt roads: Ride approximately 11.5 miles back to the registration area by heading west after you finish the race, detour south on 63rd St., southwest on US 119 (Diagonal Hwy), west on Jay Rd., north-west on US 36 back to the registration parking area.



Please be safe as you navigate the detours. Best of luck with your time trial!

Thank you,
GS Boulder