



Karen Hornbostel Memorial Time Trial

Permitted by USA Cycling - Permit: 2016-393
Chief Referee: Tom Foss



COBRAS



Photo by Ryan Muncy

The 2016 Series consists of seven (7) individual time trials on consecutive Wednesday evenings.

When: April 6, 13, 20, 27
May 4, 11, 18
May 25 (Make up date)

Where: Cherry Creek State Park,
4201 S. Parker Road
Aurora, CO 80014

Time: First racer starts at 4:30 PM
Final racer at approximately 7:20 PM

In the event that a race is cancelled due to inclement weather the make-up date will be May 25.

The race series KHMTT is a fundraiser for BRAC and the Cancer Fitness Institute in memory of Karen Hornbostel.

Additional information about the series and updated information is available at:

Web: <http://khmtt.com>

Email: khmtt@cobrascycling.org

WEATHER

Spring weather in Colorado can be windy, raining, sleeting or snowing. Be prepared to ride in all conditions! If the Chief Referee deems conditions to be unsafe on the day of the race, that day's racing may be cancelled. May 25 has been established as a make-up date, and no additional make-up days are available. All start times will remain in effect. No refunds will be made for cancelled races.

Race cancellation may not be determined until 3:00 PM or later on race day and will be posted on the BRAC website: www.coloradocycling.org.

CATEGORIES AND RACE GROUPS

USA Cycling rules apply and a USAC license is required, plus a BRAC membership. See www.usacycling.org to purchase a USAC Road license and a BRAC membership.

The entry fee includes USAC and BRAC operational surcharges, but does not include entry to the Park. See information below regarding purchase of daily and Colorado State Parks Annual Passes.

Best Value: Sign up for the entire seven-week series. You will start at the same time each week and have the same riders in front of you and behind you. This is a great way to see how your fitness is progressing.

Super Value: If you want to ride the course twice (two numbers, two start times, two categories) pay only \$40 more (\$200).

Individual Races: If you can't make it for the entire series, individual races may be purchased on race day if available. Cost per individual race is \$10.00 for juniors and \$30.00 for all other categories.

Note that USAC Rule 1H4(c) allows riders to enter one-day time trial events in their category or a higher category at their discretion.

		Series Price		Series Price				Series Price
JM 9-10	JW 9-10	\$60	SM P-1-2-3	SW P-1-2-3	\$160	MM 55-59	MW 55-59	\$160
JM 11-12	JW 11-12	\$60	SM 4-5	SW 4-5	\$160	MM 60-64	MW 60+	\$160
JM 13-14	JW 13-14	\$60	MM 40-44	MW 40-44	\$160	MM 65-69		\$160
JM 15-16	JW 15-16	\$60	MM 45-49	MW 45-49	\$160	MM 70-74	MM 75+	\$160
JM 17-18	JW 17-18	\$60	MM 50-54	MW 50-54	\$160	Tandems		\$160
			Retro M		\$160	Hand Cycles		\$160
			Retro W		\$160	Single Speed		\$160

Tandems: Both tandem riders must have a USAC license, and both must sign releases, although only one needs to apply. The indicated entry fee is for the team and not per individual.

Retro Category: No time trial equipment is allowed. Time trial equipment includes aero bars, any rims deeper than 50mm, disk wheels, aero helmets, or flat tube frames. Skin suits and shoe covers are permitted. The Chief Referee will make the final decision on all retro equipment and accessories.

REGISTRATION

Registration will be on-line at <http://khmtt.com/registration/>

The registration process will enable you to select your approximate start time. You will be assigned the next available start time based on the time you selected. Start times will be assigned on a first come, first served basis. Once your registration has been completed you will be notified by email, usually within 24 hours of your actual start time. Start times will also be posted at <http://khmtt.com/start-list/>

Be sure that your email and mailing addresses are correct on the registration form.

Please note: If you purchase your USAC License from Saturday to Thursday, you will have to wait until Friday to register for your USAC license information to be active in the registration system. If you purchase your license on Friday, you will need to wait until the following Friday to register.

For racers who either need to sign a paper waiver or did not receive their race number in the mail, numbers may be picked on race day beginning at 3:30 PM at the Smokey Hill Parking Lot Pavilion.

IMPORTANT!

Numbers will be mailed to racers who electronically sign their waiver online. They will be mailed approximately one week before the first race of the series. Be sure that your mailing address is correct on the registration form!

You will be issued a number for the entire series for each category in which you are racing. Do not discard your number after the first week - you will need it for all the races! Racing numbers are not transferable to another racer. The race number must be pinned correctly on the right side. If the number is obstructed by hair or otherwise hidden from the view of the spotter or timers, then you may not receive a time and any protest is invalid.

RULES TO FOLLOW

All USAC rules apply, including strict adherence to the center line rule. All riders must ride to the right unless passing another rider.

Helmets must be worn at all times when on a moving bicycle.

USAC Rule 3E5(a): All riders are required to report to the start house 3 minutes prior to their appointed start time.

USAC RULE 114. Youth/Junior Gears: All juniors are gear restricted. KHMTT will use the "roll-out method" at the start for all juniors, which limits a top gear to 26'-0". Juniors please report a few minutes early to the start to ensure that you can be rolled-out in time to make your start time. Additional information may be found at <http://www.usacycling.org/usa-cycling-rule-book.htm> Chapter 1 General Regulations.

USAC RULE 115. Young Junior/Youth Bicycles: All riders aged 14 and under are restricted to massed start bicycles as defined in 111(g). These bicycles must also have wheels with at least 16 spokes and no wheel covers may be used. Green Mountain Sports personnel will be available to make gear adjustments in the Smokey Hill Parking Lot near the registration table.

RACE COURSE AND START INFORMATION

The races are held on completely open roads at Cherry Creek State Park and feature fast turns, rolling terrain, and a long straight uphill finish. The start line is near the East Shades Restrooms, 1/4-mile from the Smokey Hill Picnic Area.

Do not warm-up in the area near the boat ramp as the Park does not permit bicycle use of that lot. Please do not warm up or cool down on the course.

Start times will be at 20 second intervals - be at the Start Line 3 minutes before you are scheduled to ride!

The "Official" start time is as determined by the Chief Referee. Do not rely on the time shown on your cell phone - it may not be the "official" time. Check the posted time when you arrive.

MECHANICAL SUPPORT

On site mechanical support will be provided by Green Mountain Sports.

CHERRY CREEK STATE PARK (CCSP)

We are guests at CCSP so please act accordingly. You must enter the Park through the East Gate. This entrance is located on Parker Road, approximately 1-mile south of the intersection with I-225. Racers may not drive through any other entrance. Single day entrance fee is \$9.00. An annual pass (which includes all State Parks) costs \$73. To purchase an Annual State Park please visit:

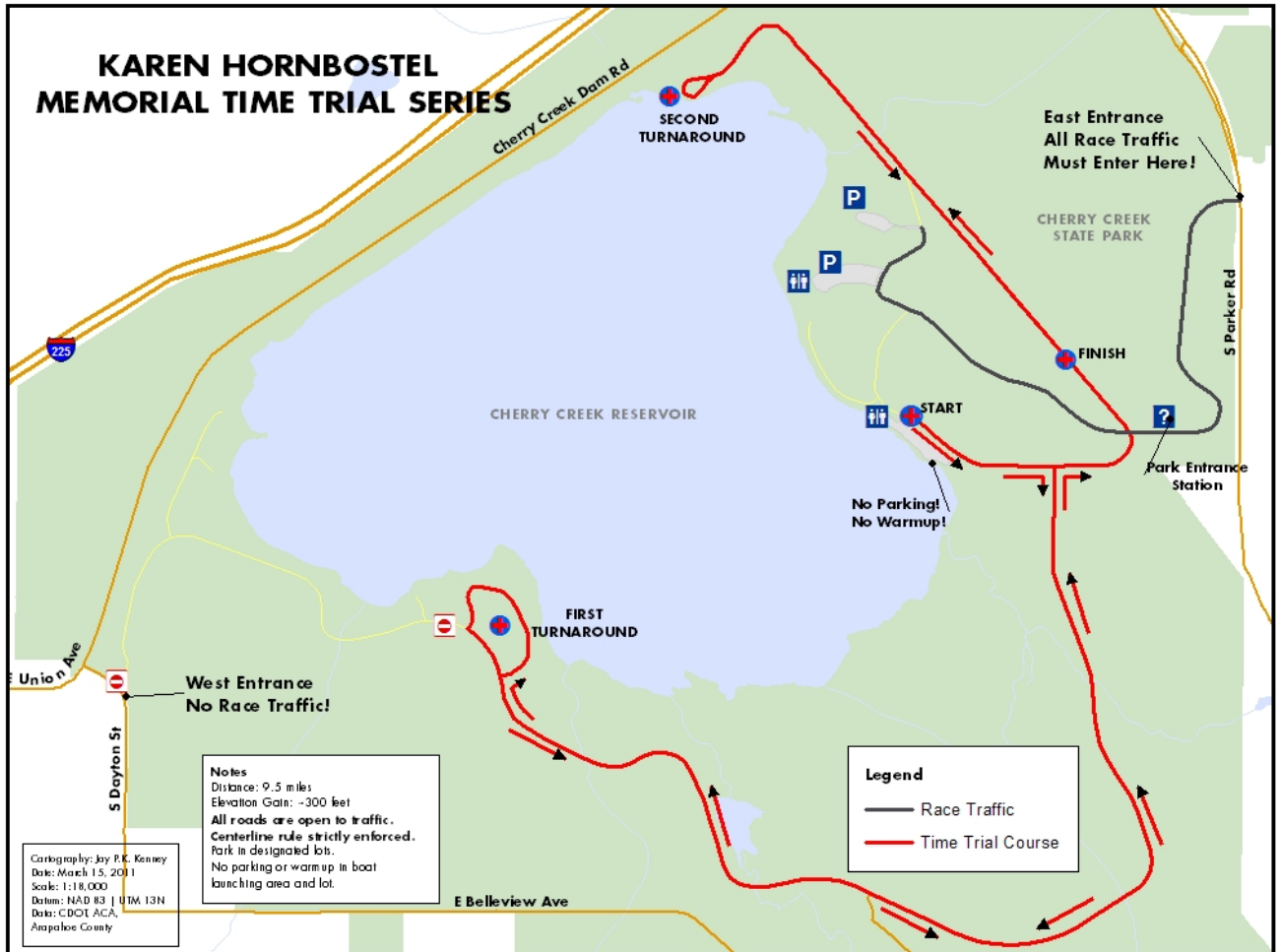
<http://cpw.state.co.us/placestogo/parks/CherryCreek/Pages/Fees.aspx>

It is illegal to park on the shoulder or on the grass in the State Park. Please only park in the Smokey Hill Parking lot.

RESULTS & AWARDS

For categories in which there are 10 or more entrants, medals will be awarded to the top three contestants in that category. If there are less than 10 racers, only the top finisher will receive a medal. Please see **<http://www.coloradocycling.org>** for results and other important information. The rider's best placing in six races will be used to determine the overall winner.

THE COURSE



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