



Karen Hornbostel Memorial Time Trial Series At Cherry Creek State Park



Permitted by USA Cycling - Permit: 2022- 5148

Chief Referee: Steven Truesdale

Race Director: Ned Hoag

COBRAS

<http://cobrascycling.org>



The 2022 Series consists of seven (7) individual time trials on consecutive Wednesday evenings.

When: March 23, 30
April 6, 13, 20, 27, May 4
Weather Make-up May 11

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

Time: First racer starts at 4:30 PM

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

Web: <https://khmtt.com>
Email: khmtt@cobrascycling.org

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

Weather in Colorado can be windy, raining, sleet, 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 canceled or if conditions become unsafe during the race, the race may be suspended or canceled.

- No refunds will be made for canceled races except for single race purchases.
- Race cancellation may not be determined until 3:00 PM or later race day.
- The KHMTT will attempt to notify all registered racers via email and text and will be posted on the KHMTT.com website and the COLORADOCYCLING.ORG website.

The KHMTT, Cherry Creek State Park and Colorado Parks and Wildlife reserve the right to cancel the series at any time if there are any changes in the state or local public health orders, changes to the policies of the Colorado Parks and Wildlife regarding COVID-19 that would disallow the use of CCSP for the series. Further, if participants or spectators fail to comply by COVID-19 protocols and procedures the KHMTT may be required to implement, the KHMTT may cancel the series in the interest of safety. In the event of a cancellation no refunds will be issued.

LICENSE AND LOCAL ASSOCIATION MEMBERSHIP REQUIREMENTS

- A USA Cycling (USAC) or UCI racing license is required
- A ColoradoCycling.org membership is required if you reside in Colorado or Wyoming

Series or Multiple Race Purchases:

- You must have a valid Annual USAC or UCI license
 - USAC memberships/racing licenses may be purchased at <https://usacycling.org>
- You must have a valid Annual COLORADOCYCLING.ORG membership
 - COLORADOCYCLING.ORG memberships may be purchased at <https://coloradocycling.org>

Single Race Purchases:

- If you have **never** held a USAC or UCI racing license you may purchase a one-day USAC license when you register
- If you have an **expired** USAC license you must purchase an experience one-day USAC license **on the USA Cycling website** before you race
- If you have a valid USAC or UCI license or purchased an experience one-day USAC license you may purchase a one-day COLORADOCYCLING.ORG membership when you register

Purchasing fewer than seven races: Racers will be able to purchase a minimum of four races (or the number of races remaining in the series) *starting about a week before the start of the series*. Example: after week one when there are six races remaining in the series, you may purchase four, five or six races. After week five when there are only two races left, you may purchase the two remaining races. Purchasing multiple races provides you with a set start time and bib number for all your races.

Individual Races: Individual races may be purchased online via the KHMTT.com web site up until 5:00 on race day. **No registrations will be available at the park.**

Cost per individual race is \$10.00 for the under nineteen age categories and \$35.00 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.

CATEGORIES AND SERIES REGISTRATION FEE:

| Category | Price | Category | Price |
|--------------------------|-------|----------------------------|-------|
| Junior Men | | Junior Women | |
| Men 9-10 | \$60 | Women 9-10 | \$60 |
| Men 11-12 | \$60 | Women 11-12 | \$60 |
| Men 13-14 | \$60 | Women 13-14 | \$60 |
| Men 15-16 | \$60 | Women 15-16 | \$60 |
| Men 17-18 | \$60 | Women 17-18 | \$60 |
| | | | |
| Senior/Master Men | | Senior/Master Women | |
| Men CAT 5 | \$170 | Women CAT 5 | \$170 |
| Men CAT 4 | \$170 | Women CAT 4 | \$170 |
| Men CAT P-1-2-3 | \$170 | Women CAT P-1-2-3 | \$170 |
| | | | |
| Master Men | | Master Women | |
| Men 40-44 | \$170 | Women 40-44 | \$170 |
| Men 45-49 4-5 | \$170 | Women 45-49 | \$170 |
| Men 45-49 1-2-3 | \$170 | Women 50-54 | \$170 |
| Men 50-54 4-5 | \$170 | Women 55-59 | \$170 |
| Men 50-54 1-2-3 | \$170 | Women 60-64 | \$170 |
| Men 55-59 4-5 | \$170 | Women 65+ | \$170 |
| Men 55-59 1-2-3 | \$170 | | |
| Men 60-64 4-5 | \$170 | Other Women | |
| Men 60-64 1-2-3 | \$170 | Women Retro | \$170 |
| Men 65-69 4-5 | \$170 | Women 19-39 e-Bike | \$170 |
| Men 65-69 1-2-3 | \$170 | Women 40-99 e-Bike | \$170 |
| Men 70-74 | \$170 | Women Single Speed | \$170 |
| Men 75+ | \$170 | Paracycling WC 1-5 | \$170 |
| | | | |
| Other Men | | Other | |
| Men Retro 4-5 | \$170 | Tandems (each racer) | \$85 |
| Men Retro 1-2-3 | \$170 | Hand Cycles | \$170 |
| Men 19-39 e-Bike | \$170 | T 1-2 | \$170 |
| Men 40-99 e-Bike | \$170 | Recumbent | \$170 |
| Men Single Speed | \$170 | | |
| Paracycling MC 1-5 | \$170 | | |

If you are new to racing, the categories can be confusing. To learn more about the various categories and deciding on which is best for you, visit the KHTTT.com website for more information.

By registering for the entire 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 terrific way to see how your fitness is progressing.

Race Twice: If you want to ride the course twice (two bibs, two start times, two categories) pay only \$40 in addition to your base registration fee.

Show and Go: For racers who do not know from week to week if they will be able to race but would like to reserve a start time for the complete series, you may purchase a **Show and Go pass**.

The cost to reserve your start time is \$20. Once you pick up your bib at the park you can just show up at the start any week you choose to race. Your credit card on file will be charged \$30 per race, a \$5 discount from the walk-up rate. Show and Go passes will be available online *starting about a week before the start of the series*.

Tandems: Both tandem riders must register separately. Each rider will be charged half (\$85) of the total entry fee.

Retro Category: No time trial equipment is allowed.

Time trial equipment includes:

- Aero bars
- Wheel rims deeper than 50mm
- Disk wheels
- Aero helmets

Bicycle: The seat tube and down tube must be straight and the height to width of the tubes may not exceed a ratio of 1 to 2 compared to the top tube.

Skin suits and shoe covers are permitted.

The Chief Referee will make the final decision on all retro equipment and accessories.

E-Bike Category

E-bikes may be Class 1 only and must adhere to the following:

- No throttle
- Freely operable pedaling system: rear wheel drive train of pedals, crank, chain, and gear system.
- 750 watt or less motor (manufacturer's label of compliance is the minimum standard)
- Motor engages only with pedaling
- Motor assistance cut off at 20 mph (32 kmh)
- A single battery
- Limited start assist (no pedaling) up to 4 mph (6 kmh)

The e-bike should have a label on the frame indicating it is a class 1 e-bike showing the max wattage and speed (example: 350w 20 MPH) or the racer must be able to verify to the Chief Referee that the bike does conform to the above requirements. The Chief Referee will make the final decision on e-bike qualifications. **E-bikes must be pre-checked by the KHMTT mechanic next to the COBRAS tent before your first race.**

RACE FOR FREE!

Volunteer to be a race marshal!

Your ability to ride safely during the race depends on the many course marshals. Marshals are responsible for watching for vehicles on the course, pedestrian control and assisting other park users in reaching their destinations.

Race marshals must be at least 16 years old. Training will be provided by the COBRAS. The COBRAS will supply everything you need, including a race radio and vest.

Race marshals are given either early race start times or late race start times depending on the shift you are assigned to. We do our best to be sure you have plenty of time to marshal, warm up and race.

To receive more information and to sign up, go to <https://khmtt.com/volunteer-request>.

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 during registration. 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. Start times will also be posted at <https://khmtt.com/start-list/>

Be sure that your email and mailing addresses are correct on the USAC registration form. If you register before February 27 your bib will be mailed to you if your USAC license and COLORADOCYCLING.ORG membership is current. If your bib is not mailed to you, your bib may be picked on race day after 3:15 PM at the Smoky Hill Parking Lot Pavilion.

BIBS

You will be issued a bib number for the entire series for each category in which you are racing. Do not discard your bib after the first week - you will need it for all the races!

Racing bibs are not transferable to another racer.

The race bib must be pinned correctly on the left side. If the bib 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.

In the Tower Loop turn, riders must move left and stay in the lane designed for racers. Failure to do so can result in a violation of the center line rule.

On the final right hand turn from Tower Loop Road to the finish remain far right inside the cones.

All racers must follow all State and park vehicle laws. Failure to do so can result in a disqualification.

Helmets must always be worn 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.

JUNIOR (Under 19 Categories) RACERS

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. 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.

PARKING

Parking is only allowed in the Smoky Hill Parking lot. Volunteers while working at their position may park in any nearby parking area. It is illegal to park on the shoulder or on the grass in the State Park.

RACECOURSE 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 near the finish, then a quick downhill to the line.

The start line is near the Pelican Point parking area and restrooms, about .7 miles from the Smoky 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. Violation can result in a DQ.

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 COBRAS clocks when you arrive.

RESTARTS

There are occasions when a rider is unable to start at their assigned time or are unable to complete the course due to circumstances not in their control such as a race suspension, interference by a vehicle, pedestrian, other cyclist or mechanical issue.

In the case of a race suspension, once the suspension of the race has been lifted, the rider may return to the start area and request a restart from a USAC official and the USAC official will attempt to provide the rider a restart at the earliest possible gap in the start times.

It is the responsibility of the rider to check with a USAC official or race management located at the COBRAS tent to find out if and when a race suspension has been lifted. Course marshals may not have current information.

In all other cases the rider may return to the start line and explain to the USAC official the reason for the request and a restart may be granted at the discretion of the USAC official.

If a rider has crossed the finish line and their time has been recorded, a restart will not be granted.

MISSED START TIME

If a rider is unable to start at their assigned start time due to arriving late at the venue or a mechanical issue, the rider may go to the bib pickup table and request a later start time. At the discretion of race management, a new start time will be assigned if there are open start times available and there is ample time to notify the start and finish officials of the start time change.

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 \$11.00. An annual pass (which includes all State Parks) costs \$83.00. For more information regarding the cost and purchasing Annual State Park from the State of Colorado 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 Smoky Hill Parking lot.

All racers and spectators must obey all state and park laws and rules at all times while in the park. Violations can result in a disqualification.

SPECTATORS

Spectators are required to wait at the intersection of Swim Beach Access Road and Tower Loop Road. From the parking lot, turn left and proceed to the intersection.

SPECIAL NEED OR YOUNG RACERS (ESCORTS)

If a racer requires an escort on the course during the race, the escort must check in at the COBRAS tent and will be issued an orange vest (if available) that must be worn while on the course. The escort must ride behind the racer and may not ride in front or beside the racer. Violation of this policy will result in the racer being disqualified. Please note that the KHMTT has a limited number of orange vests. It would be advisable that if you have several racers who require an escort that you provide your own vests.

GETTING THERE

Getting to Cherry Creek State Park during the evening rush hour from I-225 can be a challenge.

If you drive to the park, you must enter from the east, using the east gate off of Parker Road. If you enter from the west, you will be driving on the course, which presents a hazard to racers currently on the course, so please don't.

There is parking on the west outside of the park at the Village Greens Park off of East Union Ave. You can park there and ride your bike into the park. If you do, please use the Cherry Creek bike path and not the roadway wherever possible so you don't interfere with the racers on the course.

Another alternative is to use the RTD light rail. The Nine Mile station on the H line and R lines stops just outside the park and you can ride your bike from the station to the Smoky Hill parking area in under 15 minutes. This option is highly recommended.

RESULTS & AWARDS

Race results will not be posted at the park.

The points (see points schedule below) from each riders' top 6 results are counted towards an overall title in each category.

When racing using a USAC One Day License, points will not be credited.

In the event of a tie, we will use the placing from the last event in the Series to determine overall results.

In the event of a cancellation, the number of events that count for the overall may change.

If there are 10 or more entrants in a category, medals will be awarded to the top three in that category. If less than 10 racers, then only the top finisher will receive a medal. The exception will be all the under 19 age groups, where the top 3 finishers in each age group will receive a medal.

Medals will be mailed out a few weeks after the completion of the last race of the series.

Unofficial series standing are available on the KHMTT web site at <http://khmtt.com/series-ranking/>

| Place | Points | | Place | Points |
|-------|--------|--|-------|--------|
| 1 | 26 | | 11 | 10 |
| 2 | 23 | | 12 | 9 |
| 3 | 21 | | 13 | 8 |
| 4 | 19 | | 14 | 7 |
| 5 | 17 | | 15 | 6 |
| 6 | 15 | | 16 | 5 |
| 7 | 14 | | 17 | 4 |
| 8 | 13 | | 18 | 3 |
| 9 | 12 | | 19 | 2 |
| 10 | 11 | | 20 | 1 |

THE COURSE

