



2009 ABR National Track Championships

Washington Bowl Velodrome

Kenosha, Wisconsin



August 8 & 9, 2009

Categories: Seniors 17+, Juniors, Women 17+, Women 30+, Women 40+, Women 50+, Masters 30+, Masters 40+, Masters 50+, Masters 60+, Masters 65,70,75,80

Events: Seniors 17 +:	200m tt,	sprints,	1k tt,	4k pursuit,	20k points race.
Juniors :	200 m tt,	sprints,	1k tt,	2k pursuit,	10k points race.
Women 17+:	200m tt,	sprints,	1k tt,	2k pursuit,	10k points race.
Master Women 30 +:	200m tt,	sprints,	500m tt,	2k pursuit,	5k points race.
Master Women 40 +:	200m tt,	sprints,	500m tt,	2k pursuit,	5k points race.
Master Women 50 +:	200m tt,	sprints,	500m tt,	2k pursuit,	5k points race.
Masters 30 +:	200m tt,	sprints,	1k tt,	3k pursuit,	15k points race.
Masters 40 +:	200m tt,	sprints,	1k tt,	3k pursuit,	10k points race.
Masters 50 +:	200m tt,	sprints,	500m tt,	2k pursuit,	10k points race.
Masters 60 +:	200m tt,	sprints,	500m tt,	2k pursuit,	10k points race.
Masters 65,70,75,80	200m tt,	sprints,	500m tt,	2k pursuit,	5 k points race.
Team Events:	4000m Team Time Trial (4 person) and 3 person Team Sprint				

August 8 (Saturday):

- 9:30 am: Registration begins and continues until 15 minutes before event .
- 10:30 am: 200 m time trials (must ride a time for each category entered)
- 11:00am: 500m time trials
- 11:30 am: 1k (1000m) time trails (may be 2 up)
- 12:00pm: Sprint Elimination first round (top 9 qualify)
- *12:15 pm: Sprint second round if needed.
- 1:30 pm: 4k (4000m) pursuits (2 riders up),
- 2:30 pm: 3k (3000m) pursuits (2 riders up),
- 3:00 pm: 2k (2000m) pursuits (2 riders up),
- 3:30 pm: Sprints Semi final round
- 4:00 pm: Sprints Final Round

August 9 (Sunday)

- 1:30 pm: Registration begins and continues until 15 minutes before event .
- 2:00 pm: Events not completed from Saturday.
- 2:15 pm: Junior Points races
- 2:30 am: Masters Points races
- 3:00 pm: Women Points race
- 3:30 pm: Senior Points race
- 4:00 pm: Team Sprint
- 4:30 pm: Team Time Trial

August 12 (Wednesday) Rain Date 6:00 am til finished

Further Info: ABR website <http://AmBikeRace.com> or cwbike@tds.net or call (262) 654-6773

2009 ABR National Track Championships:

Directions to the Velodrome:

Washington Park (Kenosha Velodrome) is located on the near north side of Kenosha, Wisconsin. From Milwaukee (I-94) or Chicago: take (I-294) toll or Hwy 41 (Edens) to **exit # 340** (Kenosha) Hwy142/Hwy S. Drive East approx 6 miles on Hwy142/Hwy S/Washington Rd. to 22nd Av. Turn right and then immediately turn left (just south of fire station) into Washington Park.

American Bicycle Racing (ABR) in conjunction with the **Wisconsin Bicycle Racing (WBR)** will be awarding National Track Jerseys to the overall winners for each Omnium winner. The overall winner in each category will be determined based on the rider who scores the most points for each of the individual event in that category. The top 6 riders in each event will score points (7-5-4-3-2-1). Riders do not need to compete in all races in order to win the overall Jersey. The highest points in the last event working backwards will break any ties. Categories and events may be combined if there are less than 4 in a category.

In addition, medals will be awarded for the top 5 places for each omnium, sponsored by the following: Wisconsin Bicycle Racing, ABR Masters Grant, WBR Juniors Grant, Hayes Brakes, Women Cycling Grant. A special thank you to the City of Kenosha and Kenosha Parks Department for the use of the Velodrome.

Special Rules:

- #1 **Road bicycles** may be used for timed events only (200m tt, 500m tt, 1k tt, pursuits), no shifting allowed (the gear you start with is the gear you must finish).
- #2 The 200 m time trial is an event in itself and counts towards the overall. It is also used for the seeding/qualification for the sprints and all sprints riders must have a qualifying time for each sprint event they are entered in. (Must inform officials before each ride)
- #3 In timed events (except 200m): riders will be allowed only one restart in the first 30 meters for any reason, but must indicate their intention in the first ½ lap and must stop racing. After the first 30 meters, a restart is allowed only for a mechanical (Breakage of an essential part of the bicycle).
- #4 Any other special rules will be posted at registration.

Registration and Entries:

Entry Fees:

Junior, Women, Master Women category: \$10 for each event or \$ 40 for all five events per category.
Seniors and Masters: \$15 for each event or \$ 50 for all five events per category.
Team Events: \$5 per rider per team.

Total amount tendered: \$ _____ (Make checks payable to Wisconsin Bicycle Racing).

Send a signed and filled out standard 2009 ABR release form <http://AmBikeRace.com> along with your entry fee (Make checks out to Wisconsin Bicycle Racing) and send to:

ABR National Track Championships
1306 Washington Rd.
Kenosha, Wisconsin 53140

Info: ABR website <http://AmBikeRace.com> , cwbike@tds.net or call (262) 654-6773