



2009 Tuesday Night Points Racing

1st and 3rd Tuesday of each month

April through August

At the Hellyer Park Velodrome

\$10 per night. Juniors always race for free. Rental bikes available for an extra \$5.

Gates open @ 6pm

Warm-up shall not interfere with the Junior afternoon training session

Self Selected Racing

Women and Juniors will have a separate race if attendance warrants, and they want to race together

C Group - Category 4's and 5's

B Group - Category 3's and 4's

A Group - Professionals, Category 1's, 2's, 3's

Depending on rider attendance you can enter one of these fields

(races will be run C, B, A, C, B, A order)

More than 10 Women and/or Juniors @ 7:00pm

W&J- 30 laps, C&B - 30 laps, B&A - 40 laps, W&J- 30 laps, C&B - 40 laps, B&A - 50 laps

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Less than 10 Women and/or Juniors @ 7:00pm

C- 30 laps, B - 30 laps, A - 40 laps, C- 30 laps, B - 40 laps, A - 50 laps

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Less than 10 riders in any Group @ 7:00pm

C&B- 30 laps, B&A - 30 laps, C&B- 30 laps, B&A - 40 laps, C&B- 40 laps, B&A - 50 laps

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Lights off and out of the parking lot no later than 9:30pm

The details:

- Racers without previous mass start track racing experience need to attend three Saturday morning new rider sessions or one "Race Ready" clinic before racing on Tuesday Nights.
- Racing is for all track license categories. You self-select the field you race in, but the promoter reserves the right to move riders to other fields (e.g. 5's may/may not race the B's)
- Upgrade points available when field sizes are met.
- Sprints every 5 laps on the 1st Tuesday. Sprints every 10 laps on the 3rd Tuesday. Experience how fitness and tactics play out in these two very different formats!
 - April 7, May 5, June 2, July 7, August 4 : sprints every 5 laps
 - April 21, May 19, June 16, July 21, August 18 : sprints every 10 laps
- Points race sprints will be scored in the usual 5-3-2-1 format. Riders up one lap will receive 20 points. Riders down a lap will receive a 20 point deduction. Riders are free to go up and down laps as they see fit (after all, these are training races). Lapped riders will not be pulled but intentionally lapped riders can not play in the outcome of the race, nor can they sprint at the end of the race.
- USCF rules apply. All racers will follow the rules of the track or they will be watching.
- Later racers may warm-up behind early races and shall not interfere with the outcome.
- Results will be posted to <http://tuesdayresults.blogspot.com/>
- Questions? Contact Larry Nolan, Team Specialized Racing Juniors and Masters Cycling, USA Cycling Level One coach, and Level C official - TeamNolan@hotmail.com