

Thursday Night TRAINING SERIES

LOCATION: Bob Rodale Fitness Park, across from the Lehigh Valley Velodrome, Trexlertown, PA

DATE: Thursday nights, April 2nd through October 1st, 2009.

TIME: Registration from 5:00pm to 6:00pm **Racing Starts** at 5:30pm

CATEGORIES: Early Race: Cat 5 men, Cat 4 Women, and Juniors 15 and under 5:30pm start
Late Race: Cat 1,2,3,4 Men & Cat 1,2,3 Women 6:10pm start

USCF permit 09-492 USCF rules apply

RACE FORMAT: Points race with sprints every three laps; scored 5, 3, 2, 1.

DISTANCE: Determined by day light and weather conditions.

Usually a 15 Lap race for the Early Race
Usually a 30 Lap race for the Late Race

PRIZES: NO prizes, this is a training race to practice and improve your skills on a safe course.
Pizza Hut coupons for the top two racers that accumulates the most points for the month.

ENTRY FEE: \$7.00 includes the \$3 Insurance Surcharge. One-Day License Fee \$10.00

No pre-registration required, No late charges, No unattached fee, just good hard racing.

**\$3 number charge first time, You must bring and wear your number each week to race,
Replacement number charge \$3 charge. Forgot your number \$1 charge.**

IMPORTANT: This is just a training series, No prizes and low entry fees. We encourage good sportsmanship with a wide range of abilities in the same event we request that all riders refrain from reckless or hostile actions.

INFORMATION: Chip Berezny 610-330-0965 BEFORE 9:00pm

E-Mail : lwaraceinfo@yahoo.com

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