Team Integrate / FFBC pb Chipotle presents NCNCA Championship 4 person / 3 person TTT Saturday September 5th, 2009.



Course: 25 miles (40 KM) (not surveyed) on excellent to fair pavement, this is an out and back course. One significant climb each way. Start is located approx. 300 yards East of Greenville Road on Altamont Pass Rd. Finish located at Goecken Road on Altamont Pass Rd. Turn at the 12.5 miles mark, 300 yards before the Byron Highway at telephone pole 016 and retrace.

Roads: Altamont Pass Road, Grant Line Road and Mountain House Road, Alameda County.

Directions: From I-580 from either direction, exit at the Greenville Road exit. Follow signs to parking and registration.

No warming up on the course, Please use bathrooms provided. A porta potty will be located at the start area. Anyone found relieving a call of nature that could in anyway be to the detriment of the event will be DQ'd

Registration opens at 7:00 AM and will close 15 minutes before last team off. Teams depart the start timekeeper at 2 minute intervals. First team off at 08:01 AM. Three person teams can start. Three must finish together minimum. Third person across the line counts for finish time.

Championship categories:

Elite MenPrizes for championship events will be medals only for top 3 teamsElite Women(if medals are not available, an alternative will be provided, such as trophy, certificate)Masters Men 35+Members of the winning team are entitled to purchase a district champions uniform.Masters Men 45+All members of masters teams must be in that age category or above.Masters Men 55+Women Masters 35+Women Masters 45+Women Masters 55+

Non Championship categories:

E3, E4, E5, W3, W4

Prizes for non-championship events will be awards only for top 3 teams. \$400 cash plus merchandise or gift certificates, Cash prize of \$100 to the winning team of each category only. (not including E5)

Rules: Held under the rules and regulations of the USAC. A 2009 USAC license required FOR ALL COMPETITORS IN THE CHAMPIONSHIP. 1-day license must be purchased (for E4 and below only) for the E4, E5 and W4 events. **Entry fees and other stuff:**

Start times will be posted on the promoters website 48 hours in advance of race day. There will be NO entry on the day allowed for ANY categories.

There will be NO technical check.

\$25 per person, (\$100 for 4 person team, \$75 for 3 person team) **PRE ENTRY ONLY** before midnight EST, August 30th, 2009. Fees include USCF and NCNCA surcharges but not the Sports Base Online surcharge.

No refunds for missed starting times or lost partners.

SRAM

Enter using the joys of the World Wide Web at Sportsbaseonline or by snail mail.

Make checks payable to Fremont Freewheelers Race Team and send with standard 2009 USAC release form (one for each rider) to: NCNCA Championship TTT, Team Integrate / FFBC, 741 Pollard, #9, Los Gatos, CA 95032

It takes about 10 minutes to get from registration to the start, so do not be late. (Someone will).

For more information, contact Garry Birch (925) 819-0247 or racepromoter@fremontfreewheelers.org.

Elite Sports Physical Therapy

Also, visit our website for on-line registration at: http://www.fremontfreewheelers.org/RaceTeam/Races/index.html

Permits pending with Alameda County







FitnessJournal.org