



The Peter and Gerald Teeuwen Memorial
20 Mile Time Trials 2022 Age Graded Virginia State Championships



Presented by: **Velo Racing Virginia**

Sunday, August 7th, 2022



Sponsored by:



Register online: www.Bikereg.com

Pre-reg closes 4PM SATURDAY prior to the race. \$36. **PRE-REGISTRATION ONLY** Number pick-up opens at 7:15 AM (includes USAC & VCA fees) Jrs \$10 per race) (PARA Cyclists \$6.00) (BAR \$6.00). Held under USAC permit A valid USAC license must be presented at registration. One Day licenses can be purchased through bikereg. All USA Cycling Rules apply. Combined races will be scored separately. ALL are BAR RACES except where * Start times per group will be emailed the night before the Time Trial. Start times are one minute apart.

TAKE ADVANTAGE: EARLY REGISTRATION DISCOUNT ON OR BEFORE JULY 30th for \$30.

Course description:

Both courses start at Deep Creek Park at the North end of the Dismal Swamp Canal Trail parallel to the road.

4 mile Short course: Follow the course over the Bridge and follow trail to BEAR statue for Turn around BEAR statue if you are a 4 miler Then proceed through parking lot to Actual roadway and turn LEFT to head back to Deep Creek Park for Finish Line.

Long course:

Those who ride the length of the course Will Start at the North end of the DSCT At Deep Creek Park go over the Bridge and then keep right on the trail Parallel to the parking lot then proceed Through open gateway riding the length of the Dismal Swamp Canal Trail park all the Way to Cul-de-sac at end where you will make a U-turn and then ride back

By the Bear and through parking lot continuing at the end of the lot turn LEFT Onto the roadway (George Washington Hwy) and back to Deep Creek park to Finish Line

Location: **DEEP CREEK PARK 437 George Washington Hwy South, Chesapeake, VA** Directions: from I 64E take exit 296B RT 17 S (George Washington Hwy S) at the second stop light turn left, go over draw bridge and immediately turn right after bridge to stay on RT 17 South Deep Creek Park is app. 1 mile down on the left **Virginia State Championship Medals (age-graded cats) will be awarded to Virginia Residents in 5 year increments ALL CDC RULES and Virginia State Rules and Regulations will be followed**

Category	Start Time	Length	Places	Prizes
JUNIORS 9-12, 13-14	8:30 AM	4 MILES	3	MEDALS
JUNIOR WOMEN 9-12, 13-14				
PARA CYCLISTS VARIOUS	8:30 AM	20 MILES	3	MEDALS
65+, 70+, 75+ MEN, 65+, 70+, 75+ WN	8:30 AM	20 MILES	3	MEDALS
JUNIORS 15-16, 17-18	8:30 AM	20 MILES	3	MEDALS
WOMEN JRS 15-16, 17-18				
WOMEN PRO* 1*, 2*	8:30 AM	20 MILES	3 COMB	\$120 COMBINED
WOMEN 3*, 4*	8:30 AM	20 MILES	3 COMB	\$120 COMBINED
WOMEN CAT 5*	8:30 AM	20 MILES		MEDALS
WOMEN 35+, 40+, 45+, 50+, 55+, 60+	8:30 AM	20 MILES	3	MEDALS
MEN PRO* 1*, 2*	8:30 AM	20 MILES	3 COMB	\$120 COMBINED
MEN 3*, 4*	8:30 AM	20 MILES	3 COMB	\$120 COMBINED
MEN 35+, 40+, 45+, 50+, 55+, 60+	8:30 AM	20 MILES	3	MEDALS
MEN CAT 5*	8:30 AM	20 MILES	3	MEDALS

A Two Mile portion of the Roadway is open to local traffic, **PLEASE NO WARMING UP ON THE COURSE, BRING YOUR TRAINER** all USAC Rules apply