

5th Annual Rocky Mount Stage Race

May 16th & 17th 2009

Stage Race Event – Cash & Additional Prizes

Promoted by Team LaS'port - www.teamlasport.org

LCCS Event Held Rain or Shine

USA Cycling Event Permit # 2009-572

Category	Fee	Prizes**	Places*	RR	TT	Crit	Field Limit
Cat 1/2/3	\$60.00	35%	8	67 mi	4.8 mi	70 min	75
Cat 4	\$60.00	20%	8	54 mi	4.8 mi	45 min	65
Master 35+	\$60.00	20%	8	54 mi	4.8 mi	45 min	65
Master 45+	\$60.00	20%	6	41 mi	4.8 mi	40 min	65
Master 55+	\$60.00	20%	6	41 mi	4.8 mi	40 min	65
Women	\$60.00	25%	8	41 mi	4.8 mi	35 min	50
Cat 5	\$60.00	Medals	3	28 mi	4.8 mi	30 min	50

Fees include insurance surcharge of \$2/day. Non-USCF riders must purchase two 1-day licenses for an additional \$20 and race Cat. 5, Master 35+, or Women. \$10 unattached rider fee will also be assessed. Riders must finish the prior stage to ride in the next one. Distances/times approximate.

*Places will be increased to accommodate at least one place for every \$100 in the prize list.

**Prize List will not exceed \$1999 for any given event.

Two days of racing in Bossier Parish featuring a **road race** in hilly Rocky Mount, Louisiana, a 5 mile **individual time trial** on the Shreveport Riverfront and a **criterium** at Shrevepark Drive in Shreveport, LA with a stage race format.

Pre-Register Online at <http://www.bikereg.com/events/register.asp?eventid=8380>. Online registration closes on 05/14/09 at 11:30 PM CT. There will be a \$10 late fee after the deadline of May 14th 2009. **NO RACE DAY REGISTRATION. BikeReg.com does charge a fee.**

Friday Night Registration: Available at Bike's Etc. 3723 East Texas in Bossier City, LA from 6 – 9 PM.

Race Day Packet Pickup starts at 7 AM and closes 20 minutes prior to race start at Rocky Mount. Use standard USCF Entry Form available at www.usacycling.org.

Rocky Mount Road Race

Saturday: The race course begins and ends in Rocky Mount, a small village north of Bossier City, LA. After 1 mi. neutral rollout, the racers join a 13 mi. loop with 4 right turns and repeat. After the required number of laps, the race ends atop Rocky Mount. The course has rolling hills and a tough finishing hill with great to good road surface. Race maps and directions posted on team LaS'port web site.

Category

Senior 1,2,3

Women (all)

Senior 5

Masters 35+

Cat 4

Masters 45/55+

Saturday Race Times/ Distance

8:00 am/ 5 laps/ 67 miles

8:05 am/ 3 laps/ 41 miles

8:10 am/ 2 laps/ 28 miles

11:30 am/ 4 laps/ 54 miles

11:35 am/ 4 laps/ 54 miles

11:40 am/ 3 laps/ 41 miles

Clyde Fant Parkway Time Trial

Saturday: This flat, 4.8 mile, individual time trial will take place on Clyde Fant Parkway on the Shreveport Riverfront. Riders will start from Stoner Boat Launch and head north on an out and back course finishing line $\frac{3}{4}$ mile past the start. **Race maps and directions will be posted on the Team LaS'port web site. Women will start at 5:30pm.**

Results of Day 1 will be posted at the race hotel and Bikes ETC. on Saturday night. Road Race results will post at the starting line area of the Time Trial along with TT Start Times.

Category

1. Women (all)
2. Senior 5
3. Senior 4
4. Masters 35+

Category

5. Masters 45+
6. Masters 55+
7. Senior 1,2,3

Start times in 30 second increments

First Rider off at 5:30pm
2 Minute Ghost Rider
Between Categories

Bike's Etc Circuit Race

Sunday: The crit course will be held at Shreveport Park in Shreveport, LA off of Shrevepark Dr. The 1.2 mile course is flat with a small rise mid way through the course. There course has 4 turns two of them being 180 degree turns. Road conditions good with a long finishing straight.

Category

- Senior 5
Women (All)
Masters 45/55+
Masters 35 +
Senior 4
Senior 1,2,3

Sunday Race Times/ Distance

- 7:30 am/ 35 min PLUS 5 Laps
8:15 am/ 30 min PLUS 5 Laps
8:55 am/ 40 min PLUS 5 Laps
9:45 am/ 45 min PLUS 5 Laps
10:40 am/ 45 min PLUS 5 Laps
11:35 am/ 90 min PLUS 5 Laps

All USCF Rules Apply: Helmets must be worn whenever you are on your bike. Jerseys with sleeves must be worn. Disposal of trash and water bottles is allowed ONLY in feed zones. Automatic DQ if you dump your trash along the race courses!! Field can be combined by promoter, if necessary. Minimum field 5, maximum 100.

For race bible and more information visit www.teamlasport.org or contact Jason Ham @ 318-780-5443 or jsnham@yahoo.com

On Behalf of our Proud Sponsors and Team LaS'port: Have a great Weekend of Racing!

