

# March 7, 2010 [Sun]-\$5,000+ in cash & prizes!

The **Go Fast or Go Home** Criterium! (BAR Series #3)

in Long Beach, California

Category/Class	Time	Start Time	Places	Limit	Purse	Entry Fee, CBR Member	Entry Fee, Non CBR Member
Category V-Public (free clinic)	30 min.	7:00 a.m.	3	75	Medals, top-3	\$23	\$30
Masters 55+/60+ BAR Series	45 min.	7:45 a.m.	5	100	\$250 (Cash)	\$24	\$31
Category IV BAR Series	45 min.	8:30 a.m.	5	100	\$250 (Cash)	\$24	\$31
Masters 50+ BAR Series	45 min.	9:15 a.m.	5	100	\$500 (Cash)	\$25	\$32
Masters 30+ IV/V BAR Series	40 min.	10:00 a.m.	5	100	\$250 (Cash)	\$24	\$31
Masters 40+ I/II/III *BAR Series	50 min.	10:40 a.m.	10	125	\$1,000 (Cash)	\$26	\$33
Women I-III BAR Series	40 min.	11:30 a.m.	5	100	\$250 (Cash)	\$24	\$31
Women IV	30 min.	11:31 a.m.	3	50	Medals, top-3	\$23	\$30
Masters 30+ I/II/III *BAR Series	60 min.	12:10 p.m.	10	125	\$1,000 (Cash)	\$26	\$33
Category III BAR Series	50 min.	1:10 p.m.	5	100	\$250 (Cash)	\$24	\$31
Pro-Elite I/II *BAR Series	90 min	2:00 p.m.	10	125	\$1,000 (Cash)	\$26	\$33

**Pro Racers** Eligible for Pro-Elite category purse and primes only: cannot race in age-graded, i.e., MASTERS categories

**Free Clinic** Cat. V racers receive a **FREE** clinic before race (numbering, cornering, group racing, front-wheel protection, teams)

**Licensing & Other** CBR annual members: deduct \$7 from normal entry fee (see above). **Course is .83 miles long with 4 R-hand turns!**  
Cash purse: if field is 50% full or less = purse is 50%. Race held rain or shine **Women race FREE after 1st race paid!**

**Registration** Opens at 6:00 a.m. Waivers can be obtained at race or can be downloaded at: [www.CaliforniaBicycleRacing.org](http://www.CaliforniaBicycleRacing.org)

**Payment** **EXTRA RACES: CBR Members, \$10....Non-CBR Members, \$15**

Pre-registration (info needed [name/race event/racing category/team/age] and payment) must be received no later than March 4, 2010; otherwise, add \$7. Waivers can be signed on race day. Entries paying by credit card, go to: [www.SoCalReg.com](http://www.SoCalReg.com) No refunds, no temp checks, and no 2-party checks! Mail checks (personal, business, or cashier's) or money orders & make them payable to: **VNC Racing; Post Office Box 114; Sunset Beach, CA 90742.**

**Support** No liability for lost/stolen wheels. Helmet worn at all times while on race course. Common courtesy to officials, staff, and volunteers is expected! 2010 CBR Rules & Regulations in effect. **BAR points awarded only to annual members**

**Directions** From 405 Freeway, From 405 freeway in Long Beach, exit Santa Fe & head North to Carson, then turn right – follow Carson to Via Oro: **park where permissible**. Registration in parking lot near Start/Finish, **NO PARKING THERE!**

**Questions** Call Christopher Lotts 714/356-1214 - [VNCRacing@hotmail.com](mailto:VNCRacing@hotmail.com) 55+ & 60+ race for same purse/scored separately  
Race flyer changes due to varied circumstances: download most recent flyer the night before event for current details

## The 2010 BAR Series!

Race #2	<del>The SIMPLE GREEN Criterium!</del>	<del>02/21/10</del>
Race #3	The Go Fast or Go Home Criterium!	03/07/10
Race #4	The Ride It Like You Stole It Criterium!	04/04/10
Race #5	The Memorial Day Criterium!	05/31/10
Race #6	The LA HABRA CYCLERY Criterium!	06/13/10
Race #7	The KOOL N FIT Criterium!	07/11/10
Race #8	The MONKEY & SON Criterium!	08/01/10
Race #9	CBR State Criterium Championships	09/12/10

## Best All-around Racer

BAR Points to CBR top-20 finishing racers

1 <sup>st</sup> -21pts	6 <sup>th</sup> -15pts	11 <sup>th</sup> -10pts	16 <sup>th</sup> -5pts
2 <sup>nd</sup> -19pts	7 <sup>th</sup> -14pts	12 <sup>th</sup> -9pts	17 <sup>th</sup> -4pts
3 <sup>rd</sup> -18pts	8 <sup>th</sup> -13pts	13 <sup>th</sup> -8pts	18 <sup>th</sup> -3pts
4 <sup>th</sup> -17pts	9 <sup>th</sup> -12pts	14 <sup>th</sup> -7pts	19 <sup>th</sup> -2pts
5 <sup>th</sup> -16pts	10 <sup>th</sup> -11pts	15 <sup>th</sup> -6pts	20 <sup>th</sup> -1pt

\*BAR Series pays \$1,000 to top-10 overall!

