



LAVRA
Elite Nationals Prep -
Friday Night Training Rides
LA Velodrome, Carson, CA
8 pm to 10 pm



Held under USA Cycling Permit Number 2009 -

September 4 & 18, 2009

- Registration is located on concourse 6:30 pm - 7:45 pm. Track opens for warmup at 7 pm
 - Entry Fee: \$10 (\$15 on-site) plus track usage fee

Save by registering online at - <http://www.socalreg.com>

Location/Directions/Parking: The LA Velodrome is located at the Home Depot Center (HDC) in Carson, CA. See www.homedepotcenter.com for driving directions. Limited free parking is available at the LA Velodrome parking lot. Additional parking is available in adjacent Cal State University Dominguez Hills remote parking lots for a fee.

To ride at the LA Velodrome you must have a valid current USA Cycling license and be a track Category 1 or 2 or already hold a LA Velodrome Certification. There will be no certification class offered at Friday Night Training Rides.

Riders may self select into Categories A, B, or C

Promoter reserves the right to change which field riders ride in at any time.

Field	Description	Field Limit
A	Generally experienced, competitive racers. These races will be fast.	24
B	Strong riders with some racing experience but not competitive with the fast local racers. Riders who are strong but with limited track racing experience will probably be more comfortable here than in the A group.	20
C	Riders who are slower and/or less experienced. Beginning track racers.	15

Races: Each field will ride at least three mass start events per night. Lengths will vary to provide fun riding for endurance riders and sprinters. Event lists will generally be posted at <http://LAVelodrome.org> prior to each training race.

Riders must wear their numbers at all times when on the track surface, including warmup.

Please do not cross the track surface unless directed to do so by Velodrome Director, Officials, or event promoter.

Track Usage Fees are also required by the LA Velodrome in addition to LAVRA Entry Fees. Track Usage Fees are \$20 per session or riders can purchase a 10-session card for \$160. Annual "unlimited use" cards are also available. Riders can reduce Track Usage Fees to \$10 per session by volunteering at LAVRA, USA Cycling, UCI or other events held at the LA Velodrome. See <http://LAVelodrome.org> for volunteer opportunities. Riders shall be identified as volunteers by the Velodrome Director. Junior Track Usage Fees are \$10 unless otherwise specified by the Velodrome Director. Track Usage Fees are paid day of race. No rental bikes are available for these events.