

July 11, 2010 [Sun]-\$5,000+ in cash & prizes!

The **KOOL N FIT** Criterium! (BAR Series #7)
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

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 July 8, 2010; otherwise, add \$7. Waivers can be signed on race day. Entries paying by credit card, go to: 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 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 #	Criterium Name	Date	Best All-around Racer
Race #2	The SIMPLE GREEN Criterium!	02/21/10	Best All-around Racer BAR Points to CBR top-20 finishing racers 1 st -21pts 6 th -15pts 11 th -10pts 16 th -5pts 2 nd -19pts 7 th -14pts 12 th -9pts 17 th -4pts 3 rd -18pts 8 th -13pts 13 th -8pts 18 th -3pts 4 th -17pts 9 th -12pts 14 th -7pts 19 th -2pts 5 th -16pts 10 th -11pts 15 th -6pts 20 th -1pt *BAR Series pays \$1,000 to top-10 overall!
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	

