



# SyMed/MOAB

## Lascassas Road Race and Time Trial

### May 14, 2005

Promoted by Middle Tennessee Velo

**Place:** Lascassas Elementary School, located 10 minutes outside of downtown Murfreesboro. Parking and Registration will take place at the school.

**Directions:**

**From Nashville:** Take 24 East, Exit at 1<sup>st</sup> Murfreesboro Exit (78B) Turn RIGHT onto E CLARK BLVD/TN-96. Turn LEFT onto TN-96/LASCASSAS PIKE. School is around eight miles down the road.


**From Chattanooga:** Take 24 West, get off exit 81 Merge onto S CHURCH ST/US-231 N/TN-10 N via EXIT 81 toward MURFREESBORO/LEBANON. Turn RIGHT onto SANBYRN DR. Turn RIGHT onto TN-96/LASCASSAS PIKE. School is around eight miles down the road.

**Course:**

**Road:** Starts with a 1 mile neutral zone to get riders onto the course. The course is a 17 mile loop with rolling hills, flat finish.

**Time Trial:** The TT course start is the road race start/finish and follows the road race course for approximately 4 miles, point to point. Terrain is flat to rolling. Riders start at 3:00 with one minute intervals. Start times will be posted after the road race.

**Registration:**

- Online registration will be available from 
- By mail by completing attached form.
- Race registration begins at 6:30 am and closes 15 minutes prior to each category start time.

**Road Race**

Category	Start	Laps/Dist.	Prizes/Places
Juniors	7:00 am	1/17	Medals
<b>Pro, 1, 2</b>	<b>8:00 am</b>	<b>4/68</b>	<b>\$710/5 Cat 2 Bonus</b>
Masters 30+	8:10 am	3/51	\$460/6
<b>Masters 40+</b>	<b>8:10 am</b>	<b>3/51</b>	<b>\$365/6</b>
Men Cat 3	8:20 am	3/51	\$400/6
<b>Men Cat 4</b>	<b>8:20 am</b>	<b>3/51</b>	<b>\$300/4</b>
Masters 50+	8:25 am	2/34	Medals
<b>Masters 60+</b>	<b>8:25 am</b>	<b>2/34</b>	<b>Medals</b>
Men Cat 5	8:25 am	2/34	Medals
<b>Women Cat 1,2,3</b>	<b>8:30 am</b>	<b>3/51</b>	<b>\$375/4</b>
Women Cat 4	8:30 am	3/51	\$90/3

**Time Trial**

Category	Start	Prizes/Places
Pro, 1, 2	3:00 pm	\$45/3
<b>Masters 30+</b>	<b>2</b>	<b>\$45/3</b>
Masters 40+	3	\$45/3
<b>Men Cat 3</b>	<b>4</b>	<b>\$45/3</b>
Men Cat 4	5	\$40/3
<b>Women Cat 1,2,3</b>	<b>6</b>	<b>\$40/3</b>
Women Cat 4	7	\$40/3
<b>Masters 50 +</b>	<b>8</b>	<b>Medals</b>
Masters 60 +	9	Medals
<b>Juniors</b>	<b>10</b>	<b>Medals</b>
Men Cat 5	11	Medals



# SyMed/MOAB Lascassas Road Race and Time Trial May 14, 2005

Promoted by Middle Tennessee Velo

---

**Entry Fees:**

**Road Race**

- Juniors \$5. All other races: \$30.
- \$5 late fee for day of race registration.
- Fee includes insurance and TBRA surcharge.

**Time Trial**

- Juniors \$2.50. All other races: \$7.50.
- \$5 late fee for day of race registration.
- Fee includes insurance and TBRA surcharge.

**General Information**

- The promoter reserves the right to combine fields.
- Field limit for Cat 5 race is 50 riders, all other races is 100.
- Centerline rule is strictly enforced.
- Races held rain or shine.
- Feed zone is located at finish area.
- Wheel trucks provided.
- USCF Permit pending.
- All USCF Rules apply.



**Questions: [info@middletnvelo.org](mailto:info@middletnvelo.org)**

✂ **To register by mail:** Make check payable to 'Middle Tennessee Velo'. Rider agrees to sign a standard waiver at registration on the day of the event.

Send entry form to: **Middle Tennessee Velo  
17 Thorndale Ct  
Nashville, TN 37215**

Name: \_\_\_\_\_ Racing Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Category: \_\_\_\_\_ USCF License #: \_\_\_\_\_ Club: \_\_\_\_\_

Road Race       Time Trial       Both

---