



SUMMIT VELO

Arizona State Individual and Tandem Time Trial Championship

&

3 Bears #2 Time Trial

Presented by Summit Velo

September 18, 2022 (Sunday)

Held under USAC Permit # 2022-6011



The 40K is back! Summit Velo is proud to host the 3 Bears #2 20K/40K Time Trial (TT) Arizona State Championships. The time trial will be held at Picacho Peak, Arizona, just east of Picacho Peak State Park and just south of the Picacho Peak Dairy Queen. This location is conveniently located halfway between Tucson and Phoenix. We will have the first rider off at 7:00 a.m. For increased rider safety, we will add another police officer presence on the course. This will leave us with two officers, one at the start/finish, and the other on the course for increased police presence.

While the course has low vehicular traffic, racers must still stay to the right side of the road except for safety and passing! There will be race officials on the course to enforce this rule! Also, keep your focus on the road for potential hazards.



(photo by Resul Kurtbedin Photography)

ELIGIBILITY: In order to compete for the title of Arizona State Champion, you must have a **current and valid USA Cycling Annual Racing License**. All racers must race in their own category. No racing up or down categories. Racers possessing a 1-day, out-of-state, or international license can still race, but you will not be considered for the state titles and medals. USA Cycling State Championship medals will be awarded to the top three Arizona racers in each category that hold yearly racing licenses.

START TIME:

First Start will be at 7:00 a.m. Start times will be posted on race website SummitVelo.Org by 8:00 p.m. Friday, September 16th. **Your start time will also be written on your bib number.**

REGISTRATION:

Registration will only be online at BIKereg.Com where you can also purchase your 1-day license; no day-of registration or 1-day licenses will be sold at the event. **State TT Championship Awards:** All racers must race in their own category. No racing up or down categories. Remember, in order to compete for the championship, you must have an annual race license. **You must sign your waiver release online when you register for the race. We will not have your waiver to sign at the event.** Registration closes **Thursday, 15 September @ 8:00 PM.**

RACE FEES:

	<i>Time Trial</i>	<i>Tandem</i>	<i>Juniors (\$10)</i>
Until Sun. 8/21, 11:59 PM	\$30	50	
Mon 08/22, 12:00 AM-Sun 09/4, 11:59 PM	\$35	55	
Mon 09/5, 12:00 AM-Thurs 09/15, 8:00 PM	\$40	60	



CATEGORIES:

Women's: Pro 1/2, 3, 4, 5, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, Fixed Gear Open, Fixed Gear 40-59, Fixed Gear 60+, Hand Cycle Open, Recumbent Open, Merckx Open, Merckx 40-59, Merckx 60+.

Men's: Pro 1/2, 3, 4, 5, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, Fixed Gear Open, Fixed Gear 40-59, Fixed Gear 60+, Hand Cycle Open, Recumbent Open, Merckx Open, Merckx 40-59, Merckx 60+.

Juniors: 9-14 and 15-18 (all) Rollout required for all Juniors. *****NOTE: Read the rollout directions below.*****

Tandems: Men, women, and man/woman combo (Combined Race Age: <90, 90-109, and 110+).

STARTING ORDER:

20K TT:

Junior Boys and Girls 9-10
Junior Boys and Girls 11-12
Junior Boys and Girls 13-14
Junior Boys and Girls 15-16
Junior Boys and Girls 17-18

Women Merckx 55-59
Women Merckx 60+

Women Fixed Gear 55-59
Women Fixed Gear 60+

Master Women 85+
Master Women 80-84
Master Women 75-79
Master Women 70-74
Master Women 65-69
Master Women 60-64
Master Women 55-59

Para Cyclist - Hand Cyclist (Men 19-99) (Single Rider Only)
Para Cyclist - Hand Cyclist (Women 19-99) (Single Rider Only)

Women Recumbent 55+
Men Recumbent 65+



Men Merckx 65+

Men Fixed Gear 65+

Master Men 85+

Master Men 80-84

Master Men 75-79

Master Men 70-74

Master Men 65-69

40K TT Start Order:

Women Merckx Open

Women Merckx 40-54

Women Fixed Gear Open

Women Fixed Gear 40-54

Women Recumbent Open

Master Women 50-54

Master Women 45-49

Master Women 40-44

Master Women 35-39

Master Women 30-34

Women Category 5

Women Category 4

Women Category 3

Women Category 2

Women Category 1

Men Merckx 40-64

Men Merckx Open

Men Fixed 40-64

Men Fixed Open

Men Recumbent Open



Master Men 60-64
Master Men 55-59
Master Men 50-54
Master Men 45-49
Master Men 40-44
Master Men 35-39
Master Men 30-34

Men Category 5
Men Category 4
Men Category 3
Men Category 2
Men Category 1

Tandem Women <90
Tandem Mixed <90
Tandem Men <90
Tandem Women 90-109
Tandem Mixed 90-109
Tandem Men 90-109
Tandem Women 110+
Tandem Mixed 110+
Tandem Men 110+



PACKET PICK UP:

Packet pick up will start no earlier than 5:30 AM (close at 7:30) and will be as you drive into the dirt parking lot/warm-up area.

PARKING/WARM-UP/STAGING:

Dirt parking lot at the BOLIN's Picacho Plaza, 16098 E Camino Adelante Dr., Picacho, AZ. Recommend you bring your trainers for a good warm-up. Lesson learned from previous races, **please do not park on or block the gas refueling pad** (see "NO PARKING" area on image below); Bowlin's may have a gas delivery on race day and they need access. Also, please park where you won't impede the exit of those 18-wheelers that are remaining in the parking lot. **Please remain in your car and follow the traffic cues to pick up your bib (it will have your start time marked on it). Once you have your bib proceed to park and warm-up. Remember, when you park, please do not block the 18-wheelers' exit path. We will have extra porta-potties and hand sanitizing stations; please follow the marked traffic flow.**

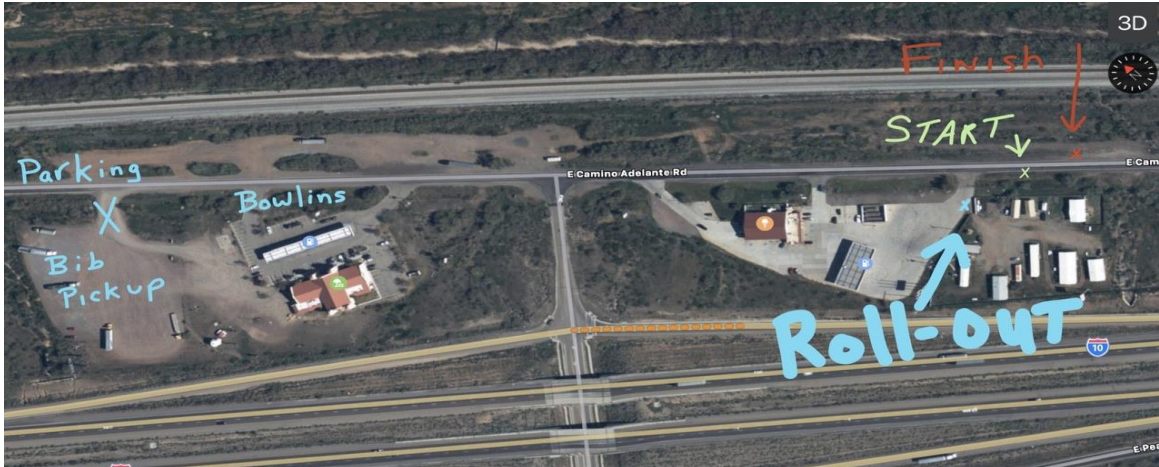
BIB PICK-UP/PARKING/WARM-UP/





JUNIOR ROLL OUT: All junior racers will be required to accomplish a rollout between 0600 - 0645. The rollout will be accomplished at the parking area where racers are lining up for the race. Juniors will rollout their own bike with supervision from our staff (we will not be touching the bike). According to USAC rules, the rollout distance for this event will not exceed 26 feet. This means the largest gearing a junior is allowed to use must be less than 26'. This video shows how a rollout is accomplished <https://www.youtube.com/watch?v=QsD1NTZpSs0>

STAGING/JUNIOR ROLL-OUT/STARTING



BIB # PLACEMENT:

Proper placement of the bib # is necessary so our officials can accurately read your number and record your time when you cross the finish line. The photos below show the proper placement for kneelers/upright (right back) and recumbents (right leg).





STARTING LINE: Manpower permitting, we will have a holder. If not, all starts will be foot down.

TIME TRIAL COURSE:

The Time Trial will be held near Picacho Peak State Park, conveniently located halfway between Tucson and Phoenix. This is a flat course. At the start, you will head south (away from the Dairy Queen) and at approximately the 10km point (20km point for the 40K racers), execute a 180-degree turn and return to the finish. For our hand cyclists, this turn can be tight, so make sure you are well to the right to allow enough turning room. There will be no warming up on course after the first rider has started at 7:00.

Lastly, please do not drive on the race course for your trip home while others are still on the course (yes, this happened in a previous race).





RACE RESULTS & AWARDS:

We will compile and post the race results as soon as possible throughout the event. We will award the top three AZ state competitors with medals within an hour after results are posted. There will also be an award for the Fastest Female and Fastest Male racer for each race length.

In the event that we are unable to award medals after the event, anticipated posting will be approximately 8pm that evening. Look for your notification email from the race director and check summitvelo.org.

Jersey Ordering: Instructions and links for champions to personally order their championship jersey will be provided in a separate email.

SPECIAL INSTRUCTIONS

Participants (Racers)

- **Minimize hugging, high fives, and touching each other at any point before, during or after their event.**
- **Riders should not spit or blow their nose in common spaces/public areas.**
- **Riders should discard all refuse in trash receptacles placed at the start line or bib pick-up station.**
- **Finishing riders should exit the finish area after they are done racing.**
- **Podium awards will be presented after the race results are posted.**
- **When you leave the event, please do not drive on the course until all racers have completed their event.**

Spectators

- **Anyone interested in spectating will be encouraged to find a remote spot on the course to show support for riders.**

DIRECTIONS: From Tucson: Take I-10 and Exit #219, turn right onto Picacho Pk State Park, turn left on E Camino Adelante Dr, parking will be on your left just past the gas pumps.

From Phoenix: Take I-10 and Exit # 219, turn left onto Picacho Pk State Park, turn left on E Camino Adelante Dr, parking will be on your left just past the gas pumps.

Please contact Craig Croxton (croxtonca@msn.com) with your questions.