



Karen Hornbostel Memorial Time Trial



Permitted by USA Cycling - Permit: 2019-409

Chief Referee: Tom Foss

Race Director: David Hunter

Presented by:

COBRAS

<http://cobrascycling.org>



The 2019 Series consists of seven (7) individual time trials on consecutive Wednesday evenings.

When: March 20, 27
April 3, 10, 17, 24, May 1
May 15 (Weather make-up date)

Where: Cherry Creek State Park
4201 S. Parker Road
Aurora, CO 80014

Time: First racer starts at 4:30 PM
Final racer at approximately 7:20 PM

The KHMTT race series is a fundraiser for BRAC and the Cancer Fitness Institute in memory of Karen Hornbostel.

If a race is cancelled due to inclement weather the make-up date will be May 15.

Additional information about the series and updated information is available at:

Web: <http://khmtt.com>
Email: khmtt@cobrascycling.org

Spring weather in Colorado can be windy, raining, sleeting or snowing. Be prepared to ride in all conditions! If the Chief Referee deems conditions to be unsafe on the day of the race, that day's racing may be cancelled. May 15 has been established as a weather make-up date, and no additional make-up days are available. All start times will remain in effect. No refunds will be made for cancelled races.

Race cancellation may not be determined until 3:00 PM or later on race day and will be posted on the BRAC website: www.coloradocycling.org, and notification will be sent via email to all registered racers.

CATEGORIES AND RACE GROUPS

USA Cycling rules apply and a USAC license and BRAC membership is required if you reside in Colorado or Wyoming and you are registering for the series. Walk up (one day) registrations purchased on race day at the park may purchase a one-day USAC license and BRAC membership if you do not currently hold a current USAC license and/or BRAC membership.

See www.usacycling.org to purchase a USAC Road license and a BRAC membership.

The entry fee includes USAC and BRAC operational surcharges but does not include entry to the Park. See information in the CHERRY CREEK STATE PARK (CCSP) section of this flyer regarding purchase of daily and Colorado State Parks Annual Passes as well as information about discounted annual passes.

Categories and series registration fee:

Category	Price	Category	Price
Men 9-10	\$60	Women 9-10	\$60
Men 11-12	\$60	Women 11-12	\$60
Men 13-14	\$60	Women 13-14	\$60
Men 15-16	\$60	Women 15-16	\$60
Men 17-18	\$60	Women 17-18	\$60
Men CAT 5	\$170	Women CAT 5	\$170
Men CAT 4	\$170	Women CAT 4	\$170
Men P-1-2-3	\$170	Women P-1-2-3	\$170
Men 40-44	\$170	Women 40-44	\$170
Men 45-49 4-5	\$170	Women 45-49	\$170
Men 45-49 1-2-3	\$170	Women 50-54	\$170
Men 50-54 4-5	\$170	Women 55-59	\$170
Men 50-54 1-2-3	\$170	Women 60-64	\$170
Men 55-59 4-5	\$170	Women 65+	\$170
Men 55-59 1-2-3	\$170	Women Retro	\$170
Men 60-64 4-5	\$170	Women Sgl Speed	\$170
Men 60-64 1-2-3	\$170		
Men 65-69 4-5	\$170	T 1-2	\$170
Men 65-69 1-2-3	\$170	Recumbent	\$170
Men 70-74	\$170	Hand Cycles	\$170
Men 75+	\$170	Tandems (each racer)	\$85
Men Retro 4-5	\$170		
Men Retro 1-2-3	\$170		
Men Sgl Speed	\$170		

By registering for the entire series, you will start at the same time each week and have the same riders in front of you and behind you. This is a great way to see how your fitness is progressing.

Race Twice: If you want to ride the course twice (two bibs, two start times, two categories) pay only \$40 more (\$210).

Four Packs: In lieu of four packs for 2019, racers will be able to purchase a minimum of four races (or the number of races remaining in the series) **after the first race of the series**. Example: after week one when there are six races remaining in the series, you may purchase four, five or six races. After week five when there are only two races left, you may purchase the two remaining races. Purchasing multiple races provides you with a set start time and bib number for all your races.

Individual Races: If you can't make it for the entire series, individual races may be purchased on-line via the KHMTT.com web site or on race day at the park if available. Purchasing on-line allows you to pick your start time ahead of time. If the race is canceled due to weather, your purchase will be refunded. This only applies to the purchase of individual races.

Cost per individual race is \$10.00 for the under 19 age categories and \$35.00 for all other categories.

Note that USAC Rule 1H4(c) allows riders to enter one-day time trial events in their category or a higher category at their discretion.

Tandems: Both tandem riders must have a USAC license and BRAC membership, and both must sign releases. *The indicated entry fee is for per individual.* Each rider will be charged half (\$85) of the total entry fee.

Retro Category: No time trial equipment is allowed. Time trial equipment includes aero bars, any rims deeper than 50mm, disk wheels, aero helmets, or flat tube frames. Skin suits and shoe covers are permitted. The Chief Referee will make the final decision on all retro equipment and accessories.

DECIDING ON A CATEGORY

If you are new to racing, the categories can be confusing. To learn more about the various categories and deciding on which is best for you, visit our website at <https://khmtt.com/understanding-the-categories/> for more information.

RACE FOR FREE!

Volunteer to be a race marshal!

Your ability to ride safely during the race depends on the many course marshals. Marshals are responsible for watching for vehicles on the course, pedestrian control and assisting other park users in reaching their destinations.

Race marshals must be at least 16 years old. Training will be provided by the COBRAS. The COBRAS will supply everything you need, including a race radio and vest.

Race marshals are given either early race start times or late race start times depending on the shift you are assigned to. We do our best to be sure you have plenty of time to marshal, warm up and race.

To receive more information and to sign up, go to <https://khmtt.com/volunteer-request>.

NEVER RACED BEFORE?

KHMTT, COBRAS and BRAC offer a very inexpensive way for cyclists who would like to try racing in a time trial but are intimidated or are concerned about the cost of entry.

As we all know, at the KHMTT we see racers with top of the line bikes and gear racing, right alongside of racers with low cost road bikes and helmets, both having fun and challenging themselves. We also know the cost of your first race can add up, with a one-day USAC license and the race entry fee.

What the KHMTT offers the first-time racer is a low-cost entry fee (\$20 covers everything) and we do our best to make the cyclists first race as un-intimidating as possible with information on our web site, introductory email that explains all the steps and finally at the park we will take our time to explain everything the cyclists needs to know to successfully run their first race.

And if the cyclist decides they like racing, they can get their USAC license for \$65 (\$75 less their one-day license fee) and BRAC will waive their first year's BRAC membership.

To receive more information and to sign up, go to the KHMTT.com web site.

REGISTRATION

Registration will be on-line at <http://khmtt.com/registration/> On-site registration will also be available, however to receive the best choice for a start time and to avoid long lines it is recommended that you register on-line before the start of the series. **If registering on-site, be prepared to show proof of having your USAC license and BRAC membership.** Please Note that although the USAC smartphone application does show the local association name, it does NOT NECESSARILY indicate that you have paid for membership. USAC license and BRAC membership will be validated by KHMTT staff before your bib will be issued.

The registration process will enable you to select your approximate start time. You will be assigned the next available start time based on the time you selected during registration. Start times will be assigned on a first come, first served basis. Once your registration has been completed you will be notified by email, usually within 24 hours. Start times will also be posted at <http://khmtt.com/start-list/>

Bibs (numbers) will be mailed to all racers who are able to sign an electronic waiver on the USAC registration system about 10 days before the start of the series.

Be sure that your email and mailing addresses are correct on the USAC registration form.

For racers who either need to sign a paper waiver or did not receive their race bib in the mail, bibs may be picked on race day beginning at 3:30 PM at the Smoky Hill Parking Lot Pavilion.

IMPORTANT!

You will be issued a bib number for the entire series for each category in which you are racing. **Do not discard your bib after the first week** – you will need it for all the races! Racing bibs are not transferable to another racer. The race bib must be pinned correctly on the right side. If the bib number is obstructed by hair or otherwise hidden from the view of the spotter or timers, then you may not receive a time and any protest is invalid.

RULES TO FOLLOW

All USAC rules apply, including strict adherence to the center line rule. **All riders must ride to the right unless passing another rider.**

All racers must follow all State and park vehicle laws. Failure to do so can result in a disqualification.

Helmets must be worn at all times when on a moving bicycle.

USAC Rule 3E5(a): All riders are required to report to the start house 3 minutes prior to their appointed start time.

USAC RULE 114. Youth/Junior Gears: All juniors are gear restricted. KHMTT will use the “roll-out method” at the start for all juniors, which limits a top gear to 26’-0”. Juniors please report a few minutes early to the start to ensure that you can be rolled-out in time to make your start time. Additional information may be found at <http://www.usacycling.org/usa-cycling-rule-book.htm> Chapter 1 General Regulations.

USAC RULE 115. Young Junior/Youth Bicycles: All riders aged 14 and under are restricted to massed start bicycles as defined in 111(g). These bicycles must also have wheels with at least 16 spokes and no wheel covers may be used. Green Mountain Sports personnel will be available to make gear adjustments in the Smoky Hill Parking Lot near the registration table. **Please note that electronic shifting cannot be adjusted.**

RACE COURSE AND START INFORMATION

The races are held on completely open roads at Cherry Creek State Park and feature fast turns, rolling terrain, and a long straight uphill finish. The start line is near the East Shades Restrooms, 1/4-mile from the Smoky Hill parking area.

Do not warm-up in the area near the boat ramp as the Park does not permit bicycle use of that lot. Please do not warm up or cool down on the course. Violation can result in a DQ.

Start times will be at 20 second intervals - be at the Start Line 3 minutes before you are scheduled to ride!

The “Official” start time is as determined by the Chief Referee. Do not rely on the time shown on your cell phone – it may not be the “official” time. Check the posted time when you arrive.

MECHANICAL SUPPORT

On-site mechanical support will be provided by Green Mountain Sports.

CHERRY CREEK STATE PARK (CCSP)

We are guests at CCSP so please act accordingly. **You must enter the Park through the East Gate.** This entrance is located on Parker Road, approximately 1-mile south of the intersection with I-225. Racers may not drive through any other entrance. Single day entrance fee is \$10.00. An annual pass (which includes all State Parks) costs \$83.00. For more information regarding the cost and purchasing Annual State Park from the State of Colorado please visit:

<http://cpw.state.co.us/placestogo/parks/CherryCreek/Pages/Fees.aspx>

COBRAS will once again provide the opportunity to purchase a Colorado State Parks Annual Pass during the series registration process. Passes can be purchased at the discounted cost of \$67.00 (normally \$83.00) each and include the required Water Basin punch. **Passes are available only to full series racers who register before March 8th and will be mailed about 10 days before the start of the series along with your bib.** The passes will have an issue date of March 2019 and will be valid for 12 months.

It is illegal to park on the shoulder or on the grass in the State Park. Please only park in the Smoky Hill Parking lot.

All racers and spectators must obey all state and park laws and rules at all times while in the park. Violations can result in a disqualification.

SPECTATORS

For the safety of the racers, and as a courtesy to other park users, all spectators are only allowed at the intersection of the Swim Beach Access Road (entrance road to the Smoky Hill Parking area) and Tower Loop Road (proceed left out of the Smoky Hill Parking area).

SPECIAL NEEDS RACERS

If a racer requires an escort on the course during the race, the escort must check in at the registration table and will be issued an orange vest that must be worn while on the course. The escort must ride behind the racer and may not ride in front or beside the racer. Violation of this policy will result in the racer being disqualified.

GETTING THERE

Getting to Cherry Creek State Park during the evening rush hour from I-225 can be a challenge.

If you drive to the park, you must enter from the **east**, using the east gate off of Parker Road. If you enter from the west, you will be driving on the course, which presents a hazard to racers currently on the course, so please don't.

It is illegal to park on the shoulder or on the grass in the State Park. Please only park in the Smoky Hill Parking lot.

There is parking on the west outside of the park at the Village Greens Park off of East Union Ave. You can park there and ride your bike into the park. If you do, please use the bike paths and not the roadway where ever possible so you don't interfere with the racers on the course.

Another alternative is to use the **RTD light rail**. The Nine Mile station on the H line and R lines stops just outside the park and you can ride your bike from the station to the Smoky Hill parking area in under 15 minutes. **This option is highly recommended. If you take the RTD, you may show your RTD ticket at the COBRAS tent and we will allow you to use one of our trainers.**

RESULTS & AWARDS

The points (see points schedule below) from each riders' top 6 results are counted towards an overall title in each category.

In the event of a tie, we will use the placing from the last event in the Series to determine overall results.

In the event of a cancellation, the number of events that count for the overall may change.

If there are 10 or more entrants in a category, medals will be awarded to the top three in that category. If less than 10 racers, then only the top finisher will receive a medal. The exception will be all the under 19 age groups, where the top 3 finishers in each age group will receive a medal.

Medals will be mailed out a few weeks after the completion of the last race of the series.

Unofficial series standing are available on the KHMTT web site at <http://khmtt.com/series-ranking/>

Place	Points		Place	Points
1	26		11	10
2	23		12	9
3	21		13	8
4	19		14	7
5	17		15	6
6	15		16	5
7	14		17	4
8	13		18	3
9	12		19	2
10	11		20	1

THE COURSE

