

new york city bicycle racing **spring series** **XX** **TEN** **twenty**

	march 7, 2010 <input type="checkbox"/> sunday venue central park	
Daylight Savings Start Delay Start times for these races is 6:45	march 14, 2010 <input type="checkbox"/> sunday venue central park	Daylight Savings Time begins Put your clock ahead one hour
	march 20, 2010 <input type="checkbox"/> saturday venue central park	Full weekend of racing
march 21, 2010 <input type="checkbox"/> sunday venue prospect park		
	march 28, 2010 <input type="checkbox"/> sunday venue prospect park	
	april 3, 2010 <input type="checkbox"/> saturday venue prospect park	Full weekend of racing
	april 4, 2010 <input type="checkbox"/> sunday venue central park	
	april 11, 2010 <input type="checkbox"/> sunday venue central park	Easter Sunday
	april 18, 2010 <input type="checkbox"/> sunday venue palisades interstate park	Time Trial
	april 25, 2010 <input type="checkbox"/> sunday venue prospect park	Final Day Overall payout



GREAT TRAINING & GREAT RACING

Sponsored by
Metropolitan Cycling Association | Team Squiggle

with special thanks to all the racers, officials, volunteers, park employees, first responders, politicians, USA Cycling and spectators who have made the past 41 years possible.

Twenty-one day Guarantee If we don't post the results after 21 days after the event the riders who place get one free race.

www.newyorkbikeracing.com

Registration/Information

Online registration www.bikereg.com

Mail-in registration Printing out Pdf instructions For legal purposes, many states require documents of a legal nature to use print in a font of not less than 10 points. These documents have been created with that requirement in mind. However, Adobe Acrobat may scale your document down to it's own margins, thereby reducing the print to a size that may render the legality of this document void.

Fees

\$225.00 for the full series.
 \$25.00 per race (except april 18, 2009 time trial \$30.00)
 \$8.00 late fee

Mail release form with payment to:

METROPOLITAN CYCLING ASSOCIATION 63 Fort Greene Place, Suite 20, Brooklyn, NY 11217

Make checks out to Metropolitan Cycling Association

Website www.newyorkbikeracing.com

Phone 718.522.7390 **Fax** 718.522.6580

E-mail avd@panix.com

entry fees pre-entry fees for most races are \$25.00 per race. This includes insurance.

late-entry fees for all USCF classes is an additional \$8.00 per race.

the entire series (march 7 through april 25) \$225.00 pre-entries must be pre marked no less than seven days prior to race date.

race cancellations due to inclement weather (snow/ice on the course) will only be refunded only to the extent that the amount paid by the registrant exceeds the value of races actually held, calculated at \$25.00 per race and registrant must sign-in on race day.

prizes all finish prizes and series prizes are cash not merchandise and will be paid by check. series prizes of \$1000 will be paid to the top 15 money winners in the complete series of ten races. Only top finish prizes (not primes) will count in the cumulative total (1 point per dollar won). all Prizes must be picked up by the end of the series. remaining prizes are donated to the promoter. No prize shall be give out before the 15 minute protest period.

juniors all licensed riders under the age of 18 race in their category for free.

21 day guarantee If the MCA oes not post the results on USA Cycling.org within 21 days of the end of the event the riders who placed that day will get one free race.

check-in opens one hour before race start and closes 15 minutes before start.

CHECK-IN CLOSSES FIFTEEN MINUTES BEFORE RACE START TIME!

field limits maximum of 150; minimum of 20 (classes may be combined). for Cat 5 racers a maximum of 75; minimum of 12 (classes may be combined).

unattached riders You will be charged an additional fee of \$5.00 per race.

attention all persons under the age of 18 years of age! If you are preregistered, you must submit your athlete's entry and release form with a notarized signature of your parent or legal guardian. if you sign the release on the day of the race, you also must bring your parent or legal guardian with you to sign.

race leaders jersey the race leader is the rider with the most points in the overall prize category (1 point for each dollar you win in prize money (primes not included)). the official jersey will be green and yellow. the race leader will wear (has to) the jersey as long as he/she remains in the points leader. the rider gets to keep the jersey for life and there is a new jersey given out each week.

winners cap the winner of each race in every category of every week gets a "W" cap.

series registration points an additional 50 points will be given out to all racers who pre-register (before the first race day (not the morning of the first race)) for the whole series.

WARNING if you are spotted - under any circumstances - in either of the two small "recreation lanes" to the left of the wide vehicle lanes in which the cyclists race, you will be suspended for three months from all Park Races. Note that the left-most lane in the lower loop on the west side near the Tavern on the Green is considered a "recreation lane." if you are spotted - under any circumstances - urinating anywhere in the park, outside of the restrooms, you will be suspended from racing for the day.

anyone who passes, draws even with, or comes within 25 feet of their pace car, or fails to obey the pace car driver's instructions will be disqualified. This may result in the stoppage of a race and the disqualification of an entire field, if necessary. if your group is being passed by another field, you must move all the way to the right side of the road and slow down immediately, permitting the field to pass as quickly as possible. any person or group failing to yield immediately, will be disqualified! only safe, courteous riding will assure cycling events remain in the nyc parks

the sport of cycling continues to grow throughout the united states, yet on the east coast there appears to be pockets of resistance to the growth of cycling and a reluctance to accommodate the creation and development of new cycling events. in the past few years representatives from several local clubs have fought to prevent the loss of central park as a place for you to race. in july 2006 the nyc parks department adopted new guidelines to try to reduce the possibility of any bicycle racing mishaps occurring with other park users. You will note the required number of marshals, signs, pace cars, motorcycles and cones have been vastly increased. we now need your support and cooperation in order to

prizelist 2010

pro, 1, 2, 3*	category 3, 4*	masters 35+*	category 5
Total \$550.00	Total \$250.00	Total \$250.00	1 Trophy
1 \$ 81.00	1 \$ 50.00	1 \$ 57.00	2 Trophy
2 \$ 73.00	2 \$ 40.00	2 \$ 53.00	3 Trophy
3 \$ 66.00	3 \$ 35.00	3 \$ 49.00	4 Trophy
4 \$ 59.00	4 \$ 33.00	4 \$ 47.00	5 Trophy
5 \$ 54.00	5 \$ 32.00	5 \$ 44.00	
6 \$ 50.00	6 \$ 31.00		
7 \$ 46.00	7 \$ 29.00		
8 \$ 43.00			
9 \$ 40.00			
10 \$ 38.00			

race in the parks.

do not ride-under any circumstances-in either of the two small "recreation lanes" to the left of the wide vehicle lanes in which the cyclists race. Note that the left-most lane in the lower loop on the west side near the Tavern on the Green is considered a "recreation lane." do not block the start line area prior to-and especially after-the race.

Allow clear passage to park vehicles and other park users.

do not drive any cars into the parks. All cars and team vehicles must remain on the streets.

do not arrive late to check-in. Check-in closes fifteen minutes before the start time shown. In 2010, races will start promptly at the scheduled time.

Please be courteous to one another and to other park users, despite provocation.

You are cycling's best public relations representative. Let's work to build public support for bicycle racing.

all racers You must wear an ANSI or Snell approved cycling helmet. No exceptions!

races Senior Categories Pro,1, 2, 3, 4: All races will be standard "scratch" road races, with separate fields and prizes for the three groups: categories Senior Men Pro, 1, 2, 3, Senior Men 3, 4 and Senior Men Category 5. Masters 35+ Categories 3, 4: All races will be standard "scratch" road races, in which all of these classes and categories combined compete for a single prize list. Any rider in this race has the option of riding with their category. Races may be shortened if we are going to go over our allotted time in Park.

The Start/Finish Line for Central Park

Registration is in the Rambles Parking lot. That is on the Eastside [Fifth Avenue] of the park near 79th Street. Only on street parking is available. Please read the signs before you leave your car.

The Start/Finish Line for Prospect Park

Registration is at the Lincoln Road triangle. That is on the Eastside [Ocean Avenue] of the park near Lincoln Road. Parking is available inside the park [enter at ocean avenue and Parkside]. Please lock your car before you leave your car.

The Start/Finish Line for Floyd Bennett Field

Registration and start/finish line is at the west parking lot. That is near the Historic Aircraft Restoration Projects. Please lock your car before you leave your car.

The Start/Finish Line for Palisades Timetrial

Registration and Start line is in the Alipne parking lot, the finish line is at the Englewood Parking lot. Please lock your car before you leave your car.

overall winners this year each category will receive trophies for the top 3 places, based on dollars won (not including primes. all riders compete in the \$1000 overall prize.)

suspensions you will be given one warning before you are suspend from all park races. you name will be listed for promoters to see and given to the special events division of the parks department.

special primes we are developing special added awards for each winner, please keep coming back to the site for more information.

series registrants pre-register for the whole spring series and receive 50 bonus points.

race participants

- are not allowed to ride bikes on pathways.
- should respect other parks users at all times.
- should not ride in the wrong direction on the drive after 6:00 a.m.
- should not place bikes on trees or exposed tree roots.
- should not relieve themselves in the landscape.
- should not block the recreation lane during or after the race.
- should not place bags on grass.

one day licenses are limited to cat 5 men and cat 4 women ONLY

1. Foreign UCI-affiliated amateur racing license holders with a copy of the letter from their federation of origin are welcome. 2. All riders must have a license. A one day license is available @ registration. one day licenses are limited to cat 5 men and cat 4 women ONLY 3. Category 5 race is open to category 4 women and category 5 men. 4. Those riders with foreign (UCI from outside the US) are usually considered cat 1 5. UCI license holders may NOT ride in a masters event unless their license has the words "master" on it. Any 30 and above with "elite" on the license may NOT ride in US masters races.

2010 NYC Spring Bicycle Racing Series

M:2010 Membership Forms/2010 Event Release.qxp Rev 09/07

The following event release form has been approved by USA Cycling, Inc. If reproduced, it must be in a minimum of 10 point type and retain the exact same formatting.

PLEASE COMPLETE THE FOLLOWING INFORMATION

TODAY'S DATE _____
EVENT NAME **2010 New York City Spring Bicycle Racing Series**
EVENT DATE(S) _____
RACE(S)/ACTIVITY(IES) ENTERED _____
CLUB/TEAM NAME _____
ANNUAL LICENSE # _____
RACING AGE (as of December 31, 2010) _____
Name _____
Address _____
City _____ ST ZIP _____
Phone _____ E-mail _____
Emergency Contact _____
Emergency Contact Phone _____

I ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM ASSUMING RISKS, AND AGREEING TO INDEMNIFY, NOT TO SUE AND RELEASE FROM LIABILITY THE ORGANIZER OF THIS EVENT AND USA CYCLING, INC. (USAC), ITS ASSOCIATIONS (THE UNITED STATES CYCLING FEDERATION (USCF), NATIONAL OFF ROAD BICYCLE ASSOCIATION (NORBA), NATIONAL COLLEGIATE CYCLING ASSOCIATION (NCCA), U.S. PROFESSIONAL RACING ASSOCIATION (USPRO), AND BMX ASSOCIATION (BMXA)), AND USA CYCLING DEVELOPMENT FOUNDATION (USACDF), AND THEIR RESPECTIVE AGENTS, EMPLOYEES, VOLUNTEERS, MEMBERS, CLUBS, SPONSORS, PROMOTERS AND AFFILIATES (COLLECTIVELY "RELEASEES"), AND THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS. THIS RELEASE IS A CONTRACT WITH LEGAL AND BINDING CONSEQUENCES AND IT APPLIES TO ALL RACES AND ACTIVITIES ENTERED AT THE EVENT, REGARDLESS WHETHER OR NOT LISTED ABOVE. I HAVE READ IT CAREFULLY BEFORE SIGNING, AND I UNDERSTAND WHAT IT MEANS AND WHAT I AM AGREEING TO BY SIGNING.

In consideration of the issuance of a license to me by one or more Releasees or the acceptance of my application for entry in the above event, I hereby freely agree to and make the following contractual representations and agreements. I ACKNOWLEDGE THAT CYCLING IS AN INHERENTLY DANGEROUS SPORT AND FULLY REALIZE THE DANGERS OF PARTICIPATING IN THIS EVENT, whether as a rider, official, coach, mechanic, volunteer, or otherwise, and FULLY ASSUME THE RISKS ASSOCIATED WITH SUCH PARTICIPATION INCLUDING, by way of example, and not limitation: dangers associated with man made and natural jumps; the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects; the dangers arising from surface hazards, including pot holes, equipment failure, inadequate safety equipment, use of equipment or materials provided by the event organizer and others,

THE RELEASEES' OWN NEGLIGENCE, the negligence of others and weather conditions; and the possibility of serious physical and/or mental trauma or injury, or death associated with the event. For myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "Successors") I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, AND PROMISE TO INDEMNIFY AND NOT TO SUE the Releasees and all sponsors, organizers and promoting organizations, property owners, law enforcement agencies, public entities, special districts and properties that are in any manner connected with this event, and their respective agents, officials, and employees through or by which the event will be held, (the foregoing are also collectively deemed to be Releasees), FROM ANY AND ALL RIGHTS AND CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASEES' OWN NEGLIGENCE, which I have or which

may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the event course and agenda, the Releasees' rules, and any special regulations for the event and agree to comply with all such rules and regulations. I understand and agree that situations may arise during the event which may be beyond the control of the Releasees, and I must continually ride and otherwise participate so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment, any equipment provided for my use, and my conduct in connection with this event. I will wear a helmet which satisfies the requirements of the Releasees' Racing Rules or Regulations and that can protect against serious head injury, and assume all responsibility and liability for the selection of such a helmet. I have no physical or medical condition which would endanger myself or others if I participate in this event, or would interfere with my ability to safely participate in this event. I understand that drug testing may be conducted for athletes registered for this event and that the use of blood boosting or substances prohibited by Releasees' rules would make me subject to penalties including, but not limited to, disqualification and suspension. I agree to be subject to drug testing if selected, and its penalties if I fail to comply with the testing or am found positive for the use of a banned substance.

I agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim contrary to what I have agreed to in this contract, the claiming party shall be liable for the expenses (including legal fees) incurred by the Releasees in defending the claims. This contract may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as a consent to any subsequent waiver or modification. I consent to the release by any third party to Releasees and their insurance carriers of my name and medical information that may relate solely to any injury or death I may suffer arising from the event. Every term and provision of this contract is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

Signature of Entrant AGE

CONSENT AND RELEASE OF PARENT OR GUARDIAN

I am the parent or guardian of _____ (Child). My Child is fit for the event, and I consent to my Child's participation. I HAVE READ AND I UNDERSTAND THE ABOVE CONTRACT. In consideration of allowing my Child to participate, I consent to the contract and agree that ITS TERMS SHALL LIKEWISE BIND ME, MY CHILD, and our heirs, legal representatives, and assignees. I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY that I or my Child may allege against the Releasees (including reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my Child because of my Child's participation in the event, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES or others. I PROMISE NOT TO SUE RELEASEES on my behalf or on behalf of my Child regarding any claim arising from my Child's participation in the event.

Signature of Parent or Guardian