



AGGRESS

Presents

**2019 Team Time Trial Championships
& Tandem Time Trial Championships**

Saturday August 10, 2019

Held under USA Cycling event. Permit 2019-2142



Arizona State Team Time Trial FLYER

Pages 3 to 8



MAP OF COURSE

PAGES 9 & 10



4 and 2 PERSON TEAMS!!!

CATEGORIES SEE LIST Page 4 & top of 5



**ONLY JUNIORS 9 TO 14 WILL RACE 20 KM
EVERYBODY ELSE WILL RACE 40 K**

**THE FRONTAGE ROAD HAS BEEN OVERLAID WITH A VERY GOOD CHIP
SEAL AND OIL. IT IS NOW A LOT SMOOTHER!**

WEB PAGE: http://teamaggress.com/?page_id=1266

Directions:

From Tucson take I-10 north to exit 219 (Picacho Peak) then follow signs to parking.

From Phoenix take I-10 south to exit 219 (Picacho Peak) then follow signs to parking

Parking:

We will use the parking areas next to the Bowlin Travel Centers. We will not use the parking area next to the Dairy Queen. ONLY the parking area west of the new travel center should be used.

Registration:



Register online only. Here is the new link for Bike Reg.

<https://www.bikereg.com/2019-azstate-team-tt-championship>

NO MAIL IN OR RACE DAY REGISTRATION ON-LINE REGISTRATION ONLY!!

REGISTRATION:

To register one person must register and pay the fee for the team. The “Captain” can input the name of the team and have each rider fill in their own information; address, etc. or the “Captain” can fill in all information. IMPORTANT to include is the USA Cycling License Number. (This person will be the team captain and must pay the entire fee by credit card.)

**On-line registration closes Friday, August 9, 2019 at 8:00 AM Arizona (MST).
(12 hours later than last year! Given you more time to get a team together!) Good
Luck!**

Number Pick-up:

**At the parking area the day of the race starting at 6:00 AM. Open until the last rider picks
up their number. Find the Aggress Tent in the parking lot west of the Bowlin Travel Center
on I-10 Frontage Road**

**All riders must sign the release form. Teammates can pick up teammate number(s)
with a pre-printed signed release form and a copy of the riders license.**



Start Lists, Start Time:

The start list and start time with rider number will be posted on the Aggress web page Friday, August 8, 2019 around 12 PM (Noon). Link: http://teamaggress.com/?page_id=1266

First Rider Starts at 7:00 AM. Two-minute intervals between Teams.

Registration Fees:

CATEGORY	FEE PER TEAM
4 Person Team (Adults Men or Women) Until Sunday, August 4, 2019 at Midnight!	\$150.00
4 Person Team (Adults Men or Women) After Sunday, August 4, 2019!	\$170.00
Juniors Teams (4 Person Team Boys, Girls or Mixed)	\$80.00
2 Person Team (Adults Men or Women or Mixed) Until Sunday, August 4, 2019 at Midnight!	\$75.00
2 Person Team (Adults Men or Women or Mixed) After Sunday, August 4, 2019!	\$85.00
Junior Teams (2 Person Team Boy, Girl or Mixed)	\$40.00
Tandem TT (2 person tandem Men or Women) Until Sunday, August 4, 2019 at Midnight!	\$75.00
Tandem TT (2 person tandem Men or Women) After Sunday, August 4, 2019!	\$85.00
Juniors Tandem TT (2 person tandems)	\$40.00
ONE DAY LICENSE	\$10.00



Start Order & Categories:

Category order:

20 K JUNIORS TEAM

- 4 Juniors Boys Team (Age 9 to 14)
- 4 Juniors Girls Team (Age 9 to 14)
- 4 Juniors Mixed Team (Age 9 to 14) (Minimum 1 Female)
For Mixed; time stops when the Female crosses finish line)
- 2 Juniors Boys Team (Age 9 to 14)
- 2 Juniors Girls Team (Age 9 to 14)
- 2 Juniors Mixed Team (Age 9 to 14)

20 K JUNIOR TANDEM

- All Male Junior Tandem (age 9 to 14)
- All Female Junior Tandem (age 9 to 14)
- Mixed Junior Tandem (age 9 to 14)

Approximately 15 Minute break between the junior's and the 40K.

4 MEN'S TEAM

- 4 Men Open (no age limit)
- 4 Men (combined age between 76 & 120)
- 4 Men (combined age between 121 & 160)
- 4 Men (combined age between 161 & 200)
- 4 Men (combined age 201 plus)

4 WOMEN'S TEAM

- 4 Women Open (no age limit)
- 4 Women (combined age between 76 & 120)
- 4 Women (combined age between 121 & 160)
- 4 Women (combined age between 161 & 200)
- 4 Women (combined age 201 plus)

MIXED TEAM (4 Person)

- Mixed Team (Open) (2 male & 2 female racers)

4 JUNIORS TEAM

- 4 Juniors Boys Team (Age 15 to 18)
- 4 Juniors Girls Team (Age 15 to 18)
- 4 Juniors Mixed Team (Age 15 to 18) (Minimum 1 Female)
For Mixed; time stops when the Female crosses finish line)

2 MEN'S TEAM

- 2 Men Open (no age limit)
- 2 Men (combined age between 38 & 60)
- 2 Men (combined age between 61 & 80)
- 2 Men (combined age between 81 & 100)
- 2 Men (combined age 101 plus)



2 WOMEN'S TEAM

- 2 Women Open (no age limit)
- 2 Women (combined age between 38 & 60)
- 2 Women (combined age between 61 & 80)
- 2 Women (combined age between 81 & 100)
- 2 Women (combined age 101 plus)

MIXED TEAM (2 Person) (NEW IN 2019)

Mixed Team (Open) (1 male & 1 female racer)

2 JUNIORS TEAM

- 2 Men Juniors Boys Team (Age 15 to 18)
- 2 Juniors Girls Team (Age 15 to 18)
- 2 Juniors Mixed Team (Age 15 to 18)

40 K TANDEMS

- Male Tandem 70+, 90+, 110+
- Female Tandem 70+, 90+, 110+
- Mixed Tandem 70+, 90+ 110+
- Elite Tandem (under 70) (female, male, mixed)
- All Male Junior Tandem (age 15 to 18)
- All Female Junior Tandem (age 15 to 18)
- Mixed Junior Tandem (age 15 to 18)

Course:

The course is a flat out & back time trial with 20K & 40K distances. The course has 150 feet of elevation change.

Awards:

USA Cycling State Championship medals will be awarded to the top three teams in each category that holds yearly racing licenses.

Teams with one or more one-day license holder are not eligible for State Medals or State jerseys. The event is keeping the fees very low so Aggress Cycling Team will NOT be purchasing the Arizona State Championship Jersey for the winners.

Each category winning team member has the option to purchase a jersey through Aggress from Voler. The price per jersey is \$50.00. Thank you for your understanding!

TROPHIES TO ALL MEMBERS OF THE FOLLOWING:

Fastest Female 4 Person Team
Fastest 2 Person Female Team

Fastest Male 4 Person Team
Fastest 2 Person Male Team

Race Bible:

Time will be taken on the THIRD cyclist for 4-person team.
Time will be taken on the SECOND cyclist for 2-person team.
All riders will be given the same finish time.

All rider(s) licenses must be presented and all release forms signed before a number is handed out. Teammates can present teammates' licenses and per-signed release forms to get numbers.

All (USA CYCLING) Rules apply. Course closes at 6:30am.

Any racer warming up on the course after the race starts will be disqualified.



Per USA Cycling Rule Book (sections listed)

3F3. Only road bicycles shall be used. * This does not exclude typical Time Trial or Triathlon bicycles.*

3F4. The starting interval between teams will normally be at least two minutes, but may be increased according to the course.

3F6. Start. (a) Each team shall report to the starter at least two minutes before their scheduled starting time and shall start at the scheduled time. If a team appears later than the appointed starting time, the start shall be allowed only if it does not interfere with other teams starting on schedule. If it does interfere, the team may be further delayed. In case of a late start, the appointed time shall be used in computing results. (b) The riders from each team shall line up side by side at the start. All riders shall be held by officials at the start and shall neither be restrained nor pushed. When there are too few holders, all riders must start with one foot on the ground. All teams must start in the same manner. No restarts shall be permitted for any reason.

3F8. Teammates on different laps may not work together [entire team disqualified].

3F9. All pushing of riders is forbidden, even among teammates. Such pushing will result in the entire team being disqualified.

3F10. No team shall take pace behind another team closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side [time penalties in Table 2].

3F11. The exchange of food, drink, minor repair items, help with repairs and exchange of wheels or bicycles shall be permitted solely among members of the same team.

1I5. Young Junior/Youth Bicycles All riders aged 14 and under are restricted to massed-start bicycles as defined in 1I1 (g). These bicycles must also have at least 16 spokes and no wheel covers may be used.

No headphones or I-buds of any kind allowed during warm up or during the race. Only on a trainer!

"Mandatory junior roll-out will be held at start area!" Check in with an USA Cycling Official at the registration tent!"



FAQ's:

QUESTION: Can a team register with only 3 riders?

ANSWER: YES! Teams consist of a minimum of 3 and a maximum of 4 cyclists. Time is stopped on the 3rd cyclist.

QUESTION: Do all cyclists have to be on the same ABRA team?

ANSWER: NO, cyclist can come from different ABRA or Non-ABRA teams or be unattached riders.

QUESTION: Do all team members have to wear the same jersey?

ANSWER: YES. If you have a member from another team get them to borrow a jersey. The jersey can be from different year for the same Team.

QUESTION: Can unattached cyclist participate in this event?

ANSWER: YES, they can be a part of a 4-person team or a 2-person team.

QUESTION: What happens if one of the teammate cannot make the race?

ANSWER: First the new rider must have an annual USA CYCLING License or one day License.

Second the new rider **MUST** sign the release form and have the license verified **BEFORE** they ride. The new rider **MUST check in BEFORE the team starts.**

If the rider does not check in the team will be deemed ineligible and **DISQUALIFIED** from the event. No exceptions

Any team changing a rider will be placed in the categories based on the new rider; they will keep their original start time and scored with the correct category.

Any other questions - please e-mail Nippy at: nippy-mr-smarty-pants@juno.com

Race Number:

RACE NUMBER: TEAMS EACH RIDER MUST HAVE NUMBER PLACE ON THE RIGHT SIDE OF BACK.
TANDEMS ONE NUMBER ON THE RIGHT SIDE OF THE STOKER!

Course Marking:

Start Line: White Tape FINISH LINE: White Tape Line

Each 5 K is marked with a sign & 1000 meters (1K) and 200 meters will have signs.

Miscellaneous:

Port-a-johns with hand cleaner.

Snacks/drinks/water after race while waiting for results.

NEW Team Time Trial supporter!

Daniel Parkman Company - DSD-Composites!



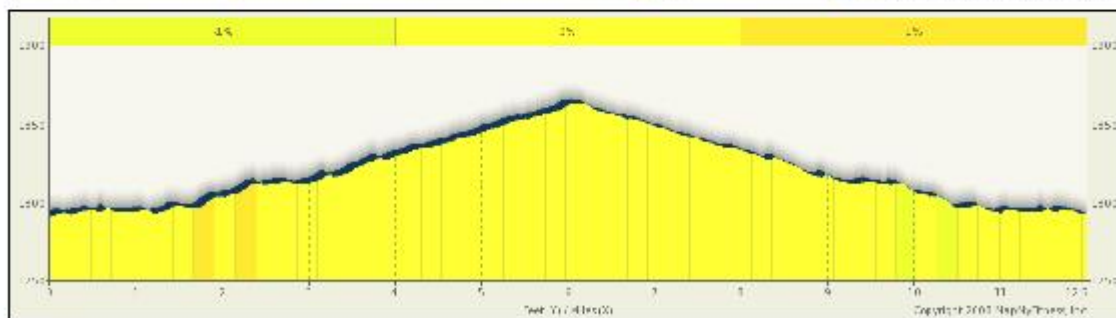
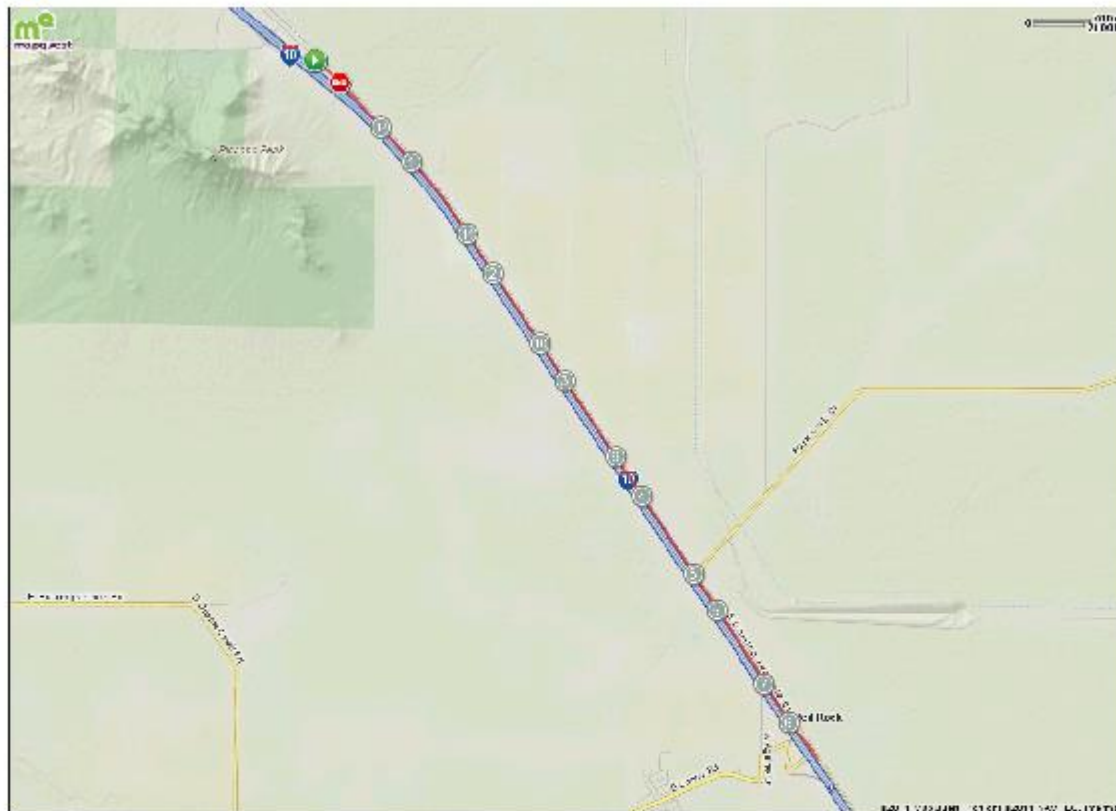


I am using a PDF from 2011 HOWEVER this is the course map for 2019!
(I can't change the PDF from Map-my-ride!)

2011 Arizona State 20 Kilometer Time Trial Course for Team and Individual

Starts in , Arizona

12.40 miles



Description
I-10 Frontage Road at Picacho Peak Exit 291 - 2011 Arizona State 20 Kilometer Time Trial Course for Team and Individual. Flat out and back with one overpass at Red Rock (10 kilometer)
Start and finish line are n/a across for each other

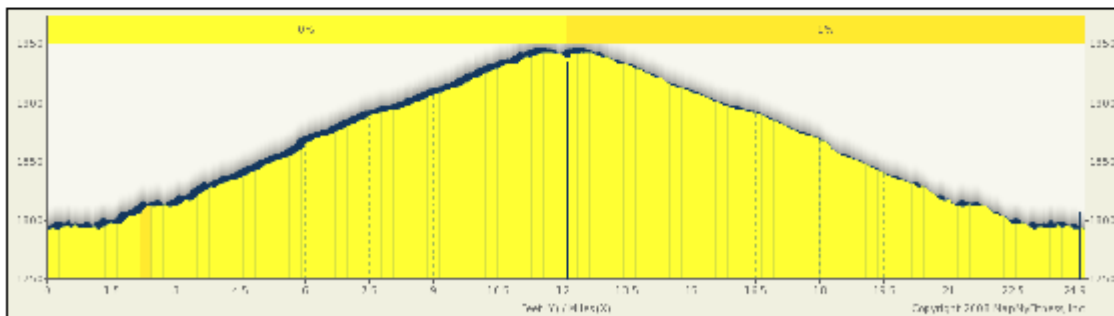
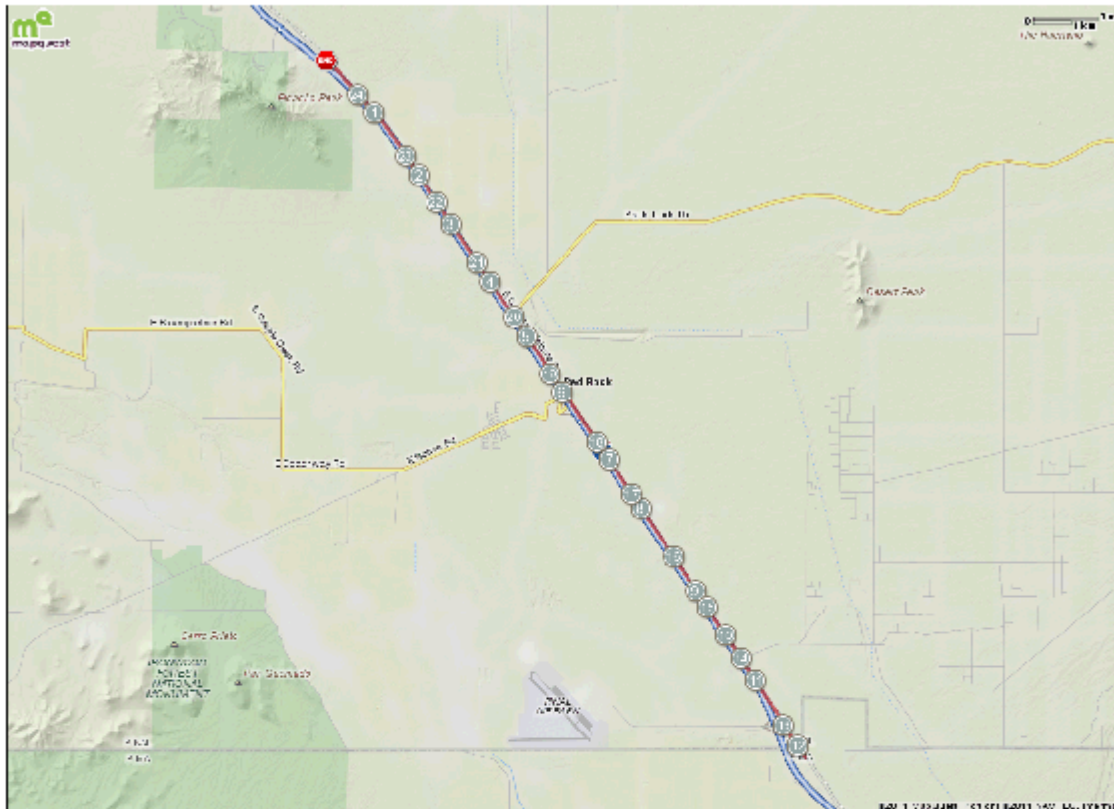


I am using a PDF from 2011 HOWEVER this is the course map for 2019!
(I can't change the PDF from Map-my-ride!)

2011 Arizona State Team and Individual 40 Kilometer Time Trial Course

Starts in , Arizona

24.80 miles



Description
I-10 Frontage at Picacho Peak Exit 219 traveling East - Out and Back 2011 Arizona State Team and Individual 40 Kilometer Time Trial Course. Start line and Finish line are not across from each other.