



Karen Hornbostel Memorial Time Trial

Permitted by USA Cycling - Permit: 2020-337

Chief Referee: Tom Foss

Race Director: Ned Hoag

Presented by:



COBRAS

<http://cobrascycling.org>



The 2020 Series consists of seven (7) individual time trials on consecutive Wednesday evenings.

When: September 9, 16, 23, 30,
October 7, 14, 21

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

Time: First racer starts at 4:00 PM
Final racer at approximately 6:00 PM

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

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

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



For your safety and the safety of other participants, volunteers and staff strict COVID-19 protocols will be enforced.

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. All start times will remain in effect. No refunds will be made for cancelled races.

COVID-19 PROTOCOLS AND PROCEDURES

- If you or anyone you know has been in close contact with someone who has a fever or is feeling sick, please stay home
- All racers, staff, and volunteers are required to wear face coverings at all times except while racing
- Racers may remove their mask **only** when at the start line and are next in line to start
- Groups over twenty-five are not allowed to congregate in any single area
- Six-foot social distancing will be enforced in all areas
- When parking in the Smoky Hill lot, please use **every other** parking space
- Team tents will not be allowed in the Smoky Hill lot
- At the completion of your race please leave the park
- **Please do not bring spectators to the park**
- Race standings will not be posted at the park, but will only be available online
- Hand sanitizer and face coverings will be available
- **At the start, there will not be a holder.** All racers will start with one foot on the ground

Protocols and procedures may be modified if state or local regulations are changed before or during the series.

The KHMTT, Cherry Creek State Park and Colorado Parks and Wildlife reserve the right to cancel the series at any time if there are any changes in the state or local public health orders, changes to the policies of the Colorado Parks and Wildlife regarding COVID-19 that would disallow the use of CCSP for the series. Further, if participants or spectators fail to comply by the above COVID-19 protocols and procedures the KHMTT may cancel the series in the interest of safety. In the event of a cancellation no refunds will be issued.

CATEGORIES AND RACE GROUPS

USA Cycling rules apply and a USAC license and BRAC membership are required if you reside in Colorado or Wyoming and you are registering for the series. One day licenses or BRAC memberships will NOT be available at the park.

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 the 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	WC 1-5	\$170
Men Retro 1-2-3	\$170	MC 1-5	\$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).

Purchasing Multiple Races (not the entire series) : 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 online via the KHMTT.com web site up until 5:00 on race day. **No registrations will be available at the park.**

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>.

REGISTRATION

Registration will be online at <http://khmtt.com/registration/> **On-site registration will not be available.** 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 BikeReg.com registration system about 10 days before the start of the series.

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

For racers who do not receive their race bib in the mail, bibs may be picked on race day beginning at 3:00 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 **left 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.**

All racers must follow all State and park vehicle laws. This includes staying to the right at all times except

when passing another cyclist or pedestrian. Failure to do so can result in a disqualification.

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

Face coverings (masks) must be worn at all times except while racing. This includes racers, staff, volunteers and any spectators. (Spectators are discouraged).

Racers may remove their face covering (mask) only when at the start line and are next in line to start.

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

JUNIOR (Under 19 Categories) RACERS

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.

Large Chainring Size (Teeth)	Smallest Available Rear Cog (Teeth)	Gear Ratio	Estimated Rollout Distance	Notes
53	15	3.533	24.31 ft	
52	14	3.714	25.55 ft	Very Common
50	14	3.571	24.57 ft	
48	13	3.692	25.41 ft	
45	12	3.75	25.80 ft	Closest to 26'
44	12	3.667	25.23 ft	Potentially Lightest

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.

RACECOURSE 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.

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 \$11.00. 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>

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

Due to the current pandemic, spectators are requested **not to attend the series.**

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 **must wear an orange vest while on the course.** The KHMTT will provide orange vests if we have extras available. The escort must sign a volunteer waiver as well.

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.

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 Cherry Creek bike path and not the roadway wherever 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.**

RESULTS & AWARDS

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

When racing using a USAC One Day License, points will not be credited.

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.

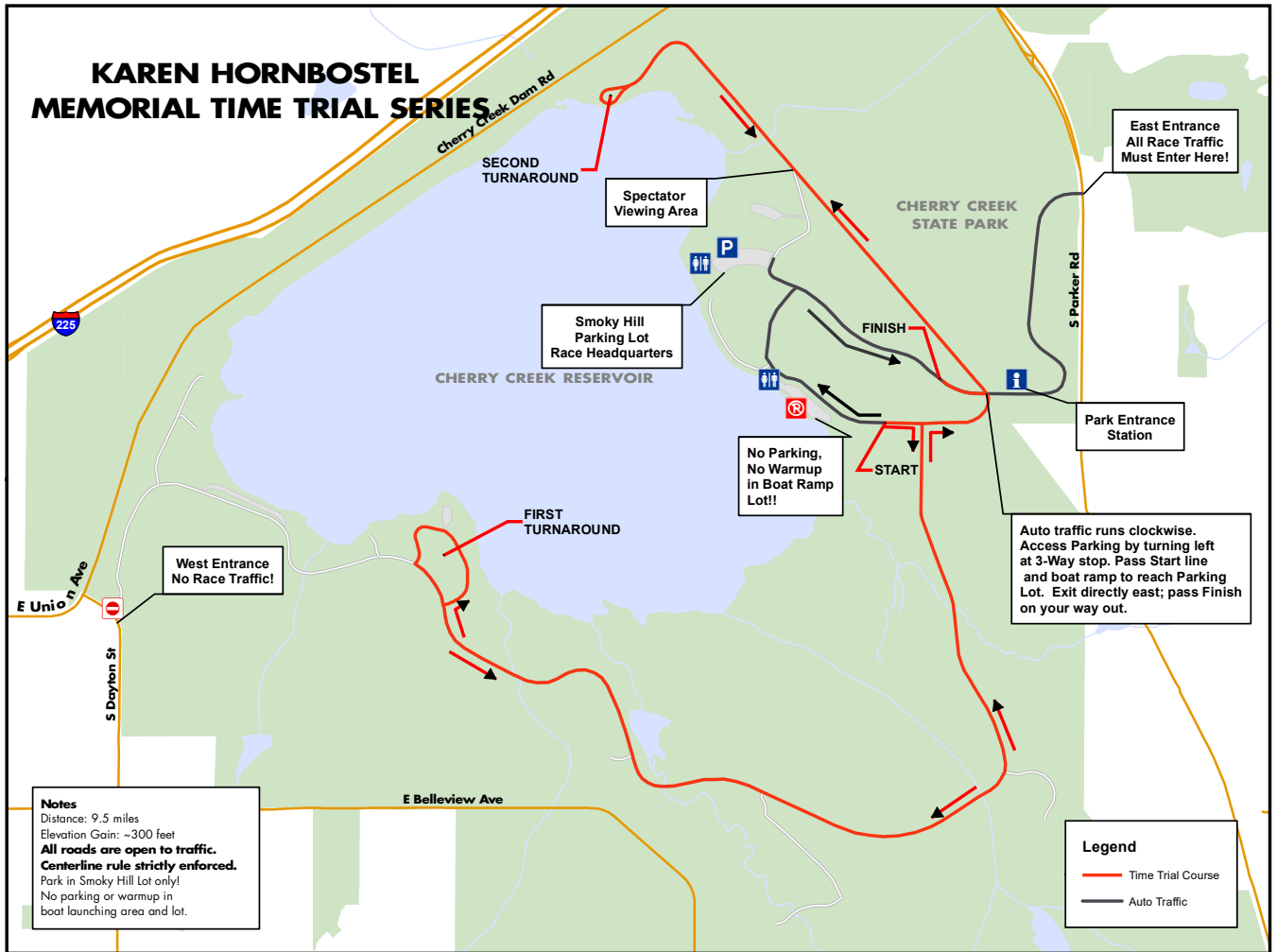
If there are 10 or more entrants in a category, medals will be awarded to the top three in that category. If less than 10 racers, then only the top finisher will receive a medal. The exception will be all the under 19 age groups, where the top 3 finishers in each age group will receive a medal.

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



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Map by ColoradoBikeMaps.com

Elevation

