



present the

# 2009 WEST SIDE OMNIUM

May 2<sup>nd</sup> - Glenwood Road Race (2009 WA State Senior Championship Road Race) - Port Orchard  
May 3<sup>rd</sup> - Longbranch Classic Road Race - Key Peninsula



**A Nature Valley Pro Ride qualifying event**  
**CAT 1 Men and CAT 1/2 Women can win trips to race at the Nature Valley Grand Prix.**  
**For more info: [www.NatureValleyProRide.com](http://www.NatureValleyProRide.com)**

**ENTRY FEES:** \$55 for the Omnum, or \$30 per race through [new.sportsbaseonline.com](http://new.sportsbaseonline.com) or day-of-race; & include USAC provided insurance surcharge of \$3 per racer per day. Service charges by SBO not included. Some fields are expected fill prior to race day. No refunds!

**REGISTRATION:** Opens at 7:30AM & closes 15 minutes prior to your race. USAC License required. All USAC CAT 1/2/3 and CAT 4 Men must show annual license, [www.usacycling.org](http://www.usacycling.org) (not available at race). 1-day license will be available for CAT 5 Men & CAT 4 Women at day-of-race registration & online via SBO (\$10). **OBRA** racers CAT 3/4/5 may purchase 1-day license for each race, bring OBRA license with you. Glenwood RR – staging at Sidney Glen Elementary. Longbranch Classic RR – staging at Longbranch Improvement Club.

**RACE FORMAT:** Two challenging road race courses; race either or both:  
- chasing WA State Senior Championship medals & **BARR** points enter the Glenwood RR.  
- chasing **WA Cup** points enter the Longbranch Classic RR.  
- chasing the **Nature Valley Pro Ride** qualifier & majority of prize purse race both!

**OMNIUM FORMAT:** Standings based on points awarded for each race (15 deep) – 25,20,16,14,12,10,9,8,7,6,5,4,3,2,1 for Glenwood RR & 21,17,15,13,11,10,9,8,7,6,5,4,3,2,1 for Longbranch Classic RR. Ties broken through USAC rules with placing at the Longbranch Classic RR the final determining factor. Racers may compete in only one race to qualify for Omnum prizes.

**PRIZES:** Total minimum prize package \$5,500 (mostly cash + merchandise) will be available to review online & at staging area prior to start.

**RACE NUMBERS:** WSBA numbers, both a jersey (right side) and bike frame number are required! WSBA numbers may be purchased in advance at [www.wsbaracing.com](http://www.wsbaracing.com). Rental numbers will be available at each race for a \$10 rental fee (of which \$5 is refundable). Out-of-state racers - no fee to rent a number just a \$5 deposit. Omnum racers will use same rental number for the weekend.

RACE SCHEDULE:	ELITE CATEGORY	GLENWOOD RR	LANGBRANCH RR	FIELD LIMIT	DAILY PRIZE/PLACES	OMNIUM PRIZE/PLACES
0900	CAT 4 Men	55 miles (3.5 laps)	42 miles (4 laps)	100	merch 3 deep	merch 3 deep
0905	CAT 5 Men	40 miles (2.5 laps)	31.5 miles (3 laps)	50	merch 3 deep	merch 3 deep
0910	CAT 4 Women	40 miles (2.5 laps)	31.5 miles (3 laps)	50	merch 3 deep	merch 3 deep
Noon	Award ceremonies for above races					
1300	Pro/1/2 Men	100 miles (6.5 laps)	63 miles (6 laps)	130	\$350 3 deep	\$1500 10 deep
1305	CAT 3 Men	70 miles (4.5 laps)	52.5 miles (5 laps)	110	\$200 3 deep	\$500 5 deep
1310	Pro/1/2 Women	70 miles (4.5 laps)	52.5 miles (5 laps)	100	\$300 3 deep	\$750 5 deep
1315	CAT 3 Women	55 miles (3.5 laps)	42 miles (4 laps)	100	\$150 3 deep	\$250 3 deep
Post race	Award ceremonies for afternoon races					

**COURSE DESCRIPTIONS:** Glenwood RR – starting with a neutral rollout, a 2 mile lead in to a 15.5 mile mostly rolling loop with a few short hills & false flats; with the finish up G Spot Hill (a 14% grade).  
Longbranch Classic RR - the course is a 10.5 mile mostly rolling loop with one steep 1/2 mile climb & two gradual 1/4 mile climbs.

**INFORMATION:** <http://WestSideO.blogspot.com> (directions, course maps, waivers, SBO registration link, prize package, NV Pro Ride info, etc.).  
Glenwood RR - Erik Scheller 253-691-6793 or [justfivegrins@hotmail.com](mailto:justfivegrins@hotmail.com).  
Longbranch Classic RR - Tom Hackleman 253-759-9707 or [thackleman@comcast.net](mailto:thackleman@comcast.net).

**DIRECTIONS:** For highway & ferry travelers available online - I-5 to Tacoma & HWY 16 exit travel west/north toward Bremerton.

**OTHER:** Warm up on your trainer and/or alternate roads...**do not warm up on the course** Check back frequently for the most recent updates.

**SUPPORT OUR SPONSORS:** Nature Valley Grand Prix, Benchmark Mortgage, Gin Optics, Alaska Airlines, Old Town Bicycle, Hammer Nutrition, Snoqualmie Cycle, 3D Physical Therapy

All USAC rules apply. Signed waivers & helmets are required. Promoters reserve the right to cancel or combine races.  
Race is to be held as a USA Cycling event - permits 2009-469 & 2009-593.  
Hosted by the Gin Optics, Old Town Bicycle, and Byrne/Invent cycling teams.