

## Northbrook Cycle Committee 2007 Category 4 Upgrade Form

The NCC's Thursday Night racing program is open to all riders in Category 4 and above, plus Juniors in any category. USA Cycling assigns all inexperienced elite, junior, and masters men track racers to Category 5 when they are first licensed. New women track racers are assigned to Category 4.

To upgrade from Category 5 to Category 4, a rider must satisfactorily complete five Category 5 track races plus any combination of five Velodrome Training Sessions or Category 5 track races for a total of ten "outings" on the track in 2007. "Satisfactory completion" of one "outing" means the rider has demonstrated, several times, their ability to handle a track bike in group riding/racing situations without endangering other riders and while complying with all track racing rules (see [www.usacycling.org](http://www.usacycling.org)) and etiquette. The events must be sanctioned by the USCF or ATRA, all competitors must be on fixed gear track bikes without a mechanical brake, and all events must be mass start events (i.e., not time trials, nor match sprints). Note that any official action citing the rider for a rule infraction (including a "warning"), erratic riding or making contact with another rider (whether or not a crash results), or inability to keep up with the main pack will preclude the official/organizer from attesting to "satisfactory completion" of the event.

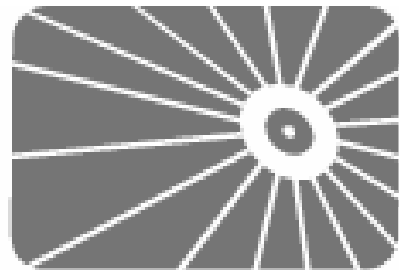
Exceptions to the above policy will be decided by the NCC's Upgrade Committee, which consists of the Director of Racing (Manfred Ray), the Chief Referee (Dave Fowkes), and the Vice President of Rider Development (Chris Mailing).

Category 5 races in the area are the Northbrook Bicycle Club's Friday Night Stock Bike Races at the Northbrook Velodrome (June 8 through August 17) and Tuesday Nights at Washington Park in Kenosha, WI (check their website [www.333m.com](http://www.333m.com) for dates). The NCC's Training Sessions are on Monday and Tuesday evenings at the Velodrome. Details for the NCC events are at [www.northbrookvelodrome.org](http://www.northbrookvelodrome.org).

**Alert the official or organizer that you seek an upgrade before the event starts so they may monitor your riding skills while the event is in progress.**

Each candidate for upgrade to Category 4 is responsible for:

1. collecting on the reverse side of this form signatures of race officials and training session organizers documenting those events you've "satisfactorily completed," and
2. bringing it to the Northbrook Velodrome to request an upgrade by 6:20 pm prior to their first Thursday Night race as a Category 4.



**ed rudolph**  
**velodrome**  
NORTHBROOK, ILLINOIS

