

NATIONAL CAPITAL OPEN

Sponsored by the SUMMER IN THE PARKS—National Capital Region, National Park Service and the District of Columbia Recreation Department

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5-Mile Sr. B.A.R. — 20-Mile Jr. B.A.R. — 5-Mile Intermediate



Sunday, July 13, 1969

2:00 P.M. — RAIN or SHINE

Veterans 5 Miles 2:30 P.M.



5-Mile Intermediate Race will start at 2:00 P.M. Sharp, Junior 20-Mile at 3:00 P.M. and Senior 50-Mile at 4:00 P.M.

LOCATION: "The Ellipse", south of the White House, north of the Washington Monument and Constitution Ave., N.W. Course is circular level, and .629 mi. per lap.

ASSEMBLY: 1:00 P.M., Constitution Ave. (south) side of Ellipse. No competitors numbers given out after 2:00 P.M.

PRIZES: Over \$600.00 value in trophies and merchandise.

EQUIPMENT: Road bicycles only.

RULES: A. B. L. of A. rules to govern. No allowance for flat tires, mechanical failure or accidents of any type. Any lost distance must be made up by the contestants' own ability. Lapped rider will be removed from race at judges' discretion. No passing of refreshments to any rider during the races. Riders must be neatly groomed, clean uniforms, black shorts, white socks or no socks.

ENTRY FEES: \$2.75. Veterans, Intermediates—\$1.75. Post entries double. Entry fee must accompany entry blank. Minors must have signature of parent or guardian.
