



FOLSOM CHALLENGE CRITERIUM

Stage 2 Folsom Cyclebration Omnium Race

Saturday, September 11, 2010

presented by **Body Concepts**

www.bodyconceptsinc.com

Course Description

The Folsom Challenge Criterium takes place on a flat course in the beautiful tree lined Lake Forest Business Park. Racers ride counter clockwise, flying through two 90-degree corners entering and exiting Lake Forest Road, connected by a horseshoe shaped Blue Ravine Road. Spectators can enjoy local restaurants with-in walking distance and shaded action packed viewing of the race...there is also access to the American River Bike Trail for a family ride during the event.

Entry into Race

Enter at www.sportsbaseonline.com until noon on September 8th...We HIGHLY recommend preregistration, categories are expected to fill. Race day registration: add \$5 fee, opens at 6:30 am, closes 15 minutes prior to scheduled start of each event. Separate entry per race required. Second race \$10. No refunds.

Race held rain or shine under USA Cycling event permit. Under 18 y/o, parent or guardian signature required.

All racers must complete the release form (http://www.usacycling.org/forms/riders_release.pdf) and City of Folsom release form.

USAC license required. No license, no race, no exceptions. Cat 5 men, Cat 4 women, may purchase one-day license at event.

Entry fee includes USCF insurance and NCNCA surcharges.

2010 champs pay \$10 if pre-register/race in their category (will refund difference on race day from pre-registration cost).

Neutral support (*Williams Wheels*), free lap rule applies, may bring own wheels, helmet required.

Schedule of Events

Category	Length	Start Time	Field Limit	Cost (reduced, if entry into all 3-Omnium events)
Elite 5	40 min	7:15 am	50	\$34
Women 4	40 min	8:05	50	\$34
Master 35+ 5	40 min	8:55	50	\$34
Women Pro 1-3	50 min	9:45	75	\$34
Master 35+ 4	45 min	10:45	75	\$34
Juniors 10-14/15-18	30 min	11:40	25/25	\$15 picked separately age group
Master 45+ 4	45 min	12:20	75	\$34
Hand Cycle Men/Women	30 min	1:15 pm	30/20	\$25 picked separately gender group
Elite 3	50 min	1:55	100	\$34
Elite 4	45 min	2:55	100	\$34
Master 35+ 1-3	50 min	3:50	100	\$34
Master 45/55+	50min	4:50	45/30	\$34 picked separately age group
Pro 1 / 2	60 min	5:50	100	\$34

Prizes for Stage

Folsom Challenge Criterium Stage Medals for top 3 places all categories; Cash/merchandise total minimum value of \$60 to top 3-places all categories or 10% of registration at the discretion of the race director. Elite 5 and Juniors receive medals only. Prime Laps include cash, merchandise and points for Omnium Race overall results (3-primers worth a total of 6 points). List of category and prime prizes will be posted at registration race day. *Masters 35+ 1-3 first place name inscribed on **Richard Lucas Cup** displayed at Body Concepts*

Overall Omnium Race Prizes see Omnium Race Flyer \$6,000 in cash prizes.

Directions to Event

KEEP YOUR NUMBER FOR ALL EVENTS!

Highway 50 to Folsom

Exit Folsom Blvd. Turn Left (North) on Folsom Blvd. Turn Left (West) on Blue Ravine. Look for signposts/course martial's for parking.

Please use restrooms and garbage cans provided!!

Questions: Robert Kopitzke info@bodyconceptsinc.com



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