



LA CROSSE Fitness Festival

Sunday, May 2, 2010 — 9:00 a.m. – 5:30 p.m.
Cycling Criterium

\$3225 Total Prize List

**Plus
Primes!**

RACE SCHEDULE

| Time | Event | Distance | Prize list |
|------------|----------------------------|----------------|------------|
| 9:00 a.m. | Jr 10-14 Boys and Girls | 25 min + 1 lap | prizes/3 |
| 9:40a.m. | Jr Men 15-18 | 25 min + 1 lap | \$75/3 |
| 10:15a.m. | Men's Masters 50+ Open | 30 min + 1 lap | \$250/6 |
| 11:00 a.m. | Mens Cat 4/5 | 35 min + 1 lap | \$250/6 |
| 11:50 a.m. | Mens Masters 35+ Cat 4/5 | 40 min + 1 lap | \$250/6 |
| 12:30 p.m. | Kids Race | 1 loop | prizes |
| 1:00 p.m. | Womens Open | 40 min + 1 lap | \$400/8 |
| 1:50 p.m. | Mens Masters 35+ Cat 3/4 | 40 min + 1 lap | \$400/8 |
| 2:45 p.m. | Mens Masters 35+ Cat 1/2/3 | 45 min + 1 lap | \$400/8 |
| 3:40 p.m. | Mens Cat 3 | 45 min + 1 lap | \$400/8 |
| 4:40 p.m. | Mens Pro 1/2/3 | 60 min + 1 lap | \$800/10 |

RULES

The Cycling Criterium is held under USA Cycling Permit (pending). All USAC/WCA rules apply. Helmets are required at all times when on a bicycle. A valid USAC license is required to race. Unlicensed riders must purchase a single day license or annual license. La Crosse Fitness Festival reserves the right to combine or cancel categories for any reason, including limited entrants. Racers may register for multiple categories on race day for \$10 per additional race. Any race which includes category 5 riders are limited to a field of 75. Juniors, cat 4-5 and masters 4-5 are limited to a rider field 50.

WEEKEND CYCLING EVENTS

Saturday, May 1, 2010
Bicycle Tour
Grandad's Bluff Time Trial

Sunday, May 2, 2010
Cycling Criterium
Children's Bike Event



THE COURSE

The Criterium is a bicycle race that is a flat, fast, 0.7 mile loop raced on the closed city streets of historic downtown La Crosse. The course begins by Riverside Park and continues south along Front Street. A quick eastern turn on Jay Street leads into a northbound path on 2nd Street. Racers will then turn west onto State Street and than back onto Front Street for multiple laps.

For more information, visit us online at
www.lacrossefitnessfestival.com
or email lffcriterium@gmail.com

REFUND POLICY

Entry fees are non-refundable; race numbers and entries cannot be transferred to another person. Refunds will not be given once your entry has been received.

SPONSORS



The La Crosse Fitness Festival Cycling Criterium is a USA Cycling event. You must have a USA Cycling license to race in any event except for the Children's 10 and under event. One day licenses are available at registration the day of the event for \$10.00.

La Crosse Fitness Festival

OFFICIAL CYCLING CRITERIUM ENTRY FORM

Mail completed registration form and payment to:
SCHM-LFF, 916 Ferry St., La Crosse, WI 54601

Race Day Registration is also available

Race registration opens at 8:00 a.m. in Riverside Park by the Start/Finish area. Registration closes 20 minutes prior to each event.

PAYMENT METHOD

Amount Enclosed: \$ _____

Check Enclosed (payable to: La Crosse Fitness Festival)

Credit Card VISA MASTERCARD

Card No.: _____

Expiration: _____

Signature: _____

(Required for credit card registration)

ENTRANT INFORMATION

Entrant Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____

E-mail Address: _____

(Pre-race information will be sent via e-mail only. Please provide.)

Age on race day: _____ DOB _____

USA CYCLING LICENSE #: _____

CYCLING CRITERIUM (please check only one):
(You may register for additional categories on race day at race location.)

Mens

Masters 50+ Open (\$30)

Cat 4/5 (\$30)

Masters 35+ Cat 4/5 (\$30)

Masters 35+ Cat 3/4 (\$30)

Masters 35+ Cat 1/2/3 (\$30)

Cat 3 (\$30)

Pro 1/2/3 (\$30)

Womens

Open (\$30)

Junior

Boys/Girls 10-14 (\$15)

Junior 15-18 (\$15)

Children's

10 & under (Free)