



Part of the Lazer Sport Super Series

OCTOBER 31, 2010  
CROSSNIACS NATIONAL SYNDICATE PRESENT THE

# FRIDLEY FRIGHT

BENEFITTING THE FMS PHYSICAL EDUCATION PROGRAM

Start Time	Categories	Duration	Prizes
10:00AM	Junior Boys 15-18** Junior Boys 10-14** Middle School Students	30 Minutes  Shortened Course	Medals/3 Medals/3 T-shirt
10:01AM	Women Cat 4 Junior Girls 15-18** Junior Girls 10-14**		Merchandise/3 Medals/3 Medals/3
10:45AM	Men Cat 4	30 Minutes	Merchandise/3
11:30AM	Men Cat 3	45 Minutes	Cash/3
12:20PM	Kids 10 & Under	Short Loop	Medals to all
12:45PM	Women Cat 1/2  Women Cat 3	45 Minutes	Cash/Top 3 overall
12:46PM	Masters 45+**	45 Minutes	Cash/3
1:45PM	Men Cat 1/2 & 35+	60 Minutes	Cash/Top 5 overall

\*\*Cyclocross Racing age is your age on December 31, 2010 + 1 year.

Held under USA Cycling Event Permit

USA Cycling License Required (One-day cost \$10)

Entry Fees: Adults \$20, Juniors \$10, \$5 for each additional race  
Registration opens at 9:00AM – Closes 15min prior to each race

DIRECTIONS: From 694, Exit 38B. First left onto Medtronic PKWY.  
First right on West Moore Lake Rd. Park at Fridley Middle School  
at the end of the road. Questions? Bryan Butts lejmega97@hotmail.com

www.crossniacs.com

Course features all the great reasons to race cyclocross, so just dont worry about it.

No Chips, No huge payout, just a load of racing for \$20!

\*\*\*\*\*NEW! AWARDS FOR TOP 3  
\*\*\*\*COSTUMES! SPONSORED BY HOLLYWOOD CYCLES!\*\*\*\*\*

No cash payout shall exceed \$499 for any category