

KCBC RACING TEAM



THE KC TRAINING SERIES

USCF PERMIT #2005-535

- CRITERIUMS:** Every **TUESDAY** night starting April 5, 2005 thru September 13th
- LOCATION:** 99th St. Business Park, 99th and Loiret, Lenexa, KS 66212
- COURSE:** 6/10 mile, three corners; one big-ring hill up, one coasting down!
- FEES:** Season pass: **\$50** or discounted according to the month you sign up (May, \$45; June, \$40; July, \$35)
- One-time charge: If you have an annual license, then \$5.
 - \$15 if you're not an annual license holder! (includes USCF \$10 one-day license fee). (NOT COST EFFECTIVE!).
- TIMES:** ***B Registration***, 5:25 - 5:40 p.m., Start time: 5:45. 20 min. + 2 laps
(B = Category 4/5 men, category 3/4 women, juniors)
- A Registration***, 5:25 - 6:00 p.m., Start time: 6:15. 45 min. + 5 laps
(A = open to everyone, but those racing "B" not allowed to race "A" the same night, sorry!)
- REMINDERS:** USCF RULES ARE IN EFFECT! Must wear helmets before, during and after the event!

- TIME TRIALS:** The first Thursday of every month to include these dates:
4/7, 5/5, 6/2, 7/7, 8/4, 9/1
- LOCATION:** 600 New Century Pkwy, Gardner, KS 66031 (west end of Sprint Building parking lot, and one mile west of I-35 via 175th street exit)
- COURSE:** 10k Time Trial (just over six miles) over fairly smooth asphalt, but crossing railroad tracks twice.
- FEES:** \$3 per night
- TIMES:** Registration from 6:00 - 6:25, first rider off at 6:30 p.m. in 30 second intervals.
- CATEGORIES:** You! Come out and set your personal time trial record, then try to beat it once a month!!
- REMINDERS:** USCF RULES ARE IN EFFECT! Must wear helmets before, during and after the event!

TRAINING SERIES QUESTIONS? Chris Hess, 913-831-2247 or fit4action@yahoo.com