



cyclocross & trail run

CLINTON LAKE, KANSAS ★ OCTOBER 14, 2006

| START TIME | CLASS | DURATION | ENTRY FEE | PLACES | PRIZES |
|------------|-------------------------------------|----------|-----------|--------|---------|
| 9:00am | Trail Run | 5K & 10K | \$15 | 3 | Awards* |
| 11:00pm | Junior Men 10-12, 13-15, 16-18 | 20min | \$10 | 3 | Awards* |
| 11:00pm | Junior Women 10-12, 13-15, 16-18 | 20min | \$10 | 3 | Awards* |
| 11:45am | Masters Men 35+/45+/55+ | 30min | \$20 | 3 | Awards* |
| 12:45am | Men's CAT 4 (Beginners) | 30min | \$20 | 3 | Awards |
| 12:45pm | Women's CAT 4 (Beginners) | 30min | \$20 | 3 | Awards* |
| 1:45pm | Men's CAT 3,4 | 40min | \$25 | 3 | \$100/3 |
| 1:45pm | Women's CAT 1/2/3 | 40min | \$25 | 3 | \$100/3 |
| 3:00pm | Men's CAT 1/2/3 | 60min | \$25 | 5 | \$200/5 |

*Separate awards for each race category

**Note: Second Race \$10

Directions:

From Kansas City, take I-70 West to Lawrence. Take the KS-10 exit (#197 – Lecompton). Take K10 South to the Clinton Parkway. Turn right and follow signs to the race start - campground #1.

Parking:

- An annual state park permit is required.
- A \$5.50 daily permit may be purchased at the gate.

Course Description:

Course is a 1.54 mile loop that includes pavement, gravel, grass, long straights, stair climb, and slopes.

This event was named in honor of Chris Locke for his tireless efforts to promote the sport. Thanks, Chris!

Registration Information:

Registration begins at 7:00AM for the trail run and 10:00AM for the cross race at Campground #1. Registration Closes fifteen (15) minutes before race. Racing License must be shown at payment time. Pre-Registration can be accomplished by mailing a completed Race Form, standard release and check to Gerard Arantowicz, P.O. Box 218, Baldwin City, KS 66006. Checks can be made out to: **Cow Town Cycling Team**. Promoter may combine classes, alter or postpone events as needed.

Race Rules and Information:

- USCF Permit applied for—All USCF Cyclo-Cross rules apply.
- A domestic USCF or NORBA license is acceptable for all categories. One day licenses available for \$10.00
- ANSI approved helmets required for all events and must be worn at all times.
- Mountain bikes are allowed, but must have bar ends removed.
- Races held rain or shine.
- All Mail in registration must be postmarked by October 9th.
- Registration Opens 10:00AM Saturday of race.
- Entry fee includes \$2.00 for insurance and \$1.00 for the KCA Improvement Fund.
- 2nd Race is only \$10.00

For Further information, Contact:

Gerard Arantowicz (785) 691-7099 OR jewelcartoons@yahoo.com
 Chris Locke (816) 468-4831 OR clocke@cowtowncycling.com
 Dave Wathen (816) 436-1045 OR wdave@kc.rr.com

Sponsors:

**Clinton Lake
Friends of Trails**

**Special Thanks:**

Kansas Dept of Wildlife & Parks for use of the park.
 To all the volunteers that made this event possible.
 To all our generous sponsors.