

FORT LEWIS COLLEGE CYCLING

CYCLOCROSS SERIES

PRESENTED BY:

ANIMAS ORTHOPEDIC ASSOCIATES

RIVERGATE SPORTS MEDICINE

DURANGO COCA-COLA

THERE WILL BE \$\$ FOR THE TOP 3 MEN'S A AND OPEN WOMEN AND GREAT PRIZES FOR THE TOP 3 IN EACH OF THE OTHER CATEGORIES AT THE END OF THE SERIES — BEST 6 OUT OF THE 7 RACES COUNT TOWARD FINAL POINTS. DOLORES, CORTEZ AND AZTEC MAY HAVE PRIZES FOR THOSE INDIVIDUAL RACES

SCHEDULE:

SUNDAY, NOV. 1 - FLC NIGHTCROSS - FLC STADIUM - REGISTRATION 4 - 6:15PM, CLOSES 15 MINUTES BEFORE START TIME

RACE #	CATEGORY	START TIME	RACE TIME
1	MEN'S B/ WOMEN'S OPEN	5PM	45 MINUTES
2	KIDS/MTB	6PM	20 MINUTES
3	MEN'S A/ MEN'S 40+	6:30PM	50 MINUTES

SUNDAY, NOV. 8 - DOLORES - JOE ROWELL PARK - REGISTRATION 12:30-2:45PM, CLOSES 15 MINUTES BEFORE START TIME

RACE #	CATEGORY	START TIME	RACE TIME
1	MEN'S B/ WOMEN'S OPEN	1:30PM	45 MINUTES
2	KIDS/MTB	2:30PM	20 MINUTES
3	MEN'S A/ MEN'S 40+	3:00PM	60 MINUTES

PRIZES: 4:30 DOLORES RIVER BREWERY

FOR MORE INFO: [HTTP://CICLISTASDELRIO.BLOGSPOT.COM/](http://ciclistasdelrio.blogspot.com/)

SUNDAY, NOV. 15 — CORTEZ — PARQUE DE VIDA - REGISTRATION 9 - 11:15AM, CLOSES 15 MINUTES BEFORE START TIME

SATURDAY, NOV. 21 — AZTEC — RIVERSIDE PARK - REGISTRATION 9 - 11:15AM, CLOSES 15 MINUTES BEFORE START TIME

SUNDAY, NOV. 22 - DURANGO - SANTA RITA PARK - REGISTRATION 9 - 11:15AM, CLOSES 15 MINUTES BEFORE START TIME

SATURDAY, DEC. 5 - RUSSELL THE MUSCLECROSS — BUCKLEY PARK [HTTP://WWW.DURANGOCYCLERY.COM](http://www.durangocyclery.com)

SUNDAY, DEC. 6 - SERIES FINALS - FLC STADIUM - REGISTRATION 9 - 11:15AM, CLOSES 15 MINUTES BEFORE START TIME

RACE #	CATEGORY	START TIME	RACE TIME
1	MEN'S B/ WOMEN'S OPEN	10AM	45 MINUTES
2	KIDS/MTB	11AM	20 MINUTES
3	MEN'S A/ MEN'S 40+	11:30AM	50 MINUTES

SERIES PRIZES: SUNDAY DEC. 6, 6PM — IRISH EMBASSY PUB, DURANGO

\$20 PER RACE - \$10 FOR KIDS/MTB

FLC CX CAMP: NOVEMBER 5-7(4PM ON THUR./FRI., 10AM SATURDAY) FLC SOFTBALL COMPLEX.

COME JOIN FLC CYCLING HEAD COACH MATT SHRIVER (PART OF THE 2008 US CX WORLDS TEAM) FOR A WEEKS WORTH OF TRAINING UNDER A PROGRAM THAT WILL PRIME FOR THE UPCOMING CX RACE SEASON — TRAINING PROGRAM INCLUDED! CONTACT — SHRIVER_M@FORTLEWIS.EDU FOR MORE DETAILS

CX PRACTICES:

WEDNESDAYS/12NOON/FLC SOFTBALL COMPLEX

WEDNESDAYS/4PM/FLC SOFTBALL COMPLEX

THURSDAYS/4PM/FLC SOFTBALL COMPLEX

PRE-RACE GATHERINGS: SATURDAYS, 7PM, IRISH EMBASSY PUB, DRINK SPECIALS FOR RACERS/SPECTATORS

MORE INFO: [HTTP://CYCLING.FORTLEWIS.EDU](http://CYCLING.FORTLEWIS.EDU) OR EMAIL HAGEN_D@FORTLEWIS.EDU

