

Joules Cross Saturday, November 6, 2010

One joule is equal to the energy used to accelerate a body with a mass of one kilogram using one Newton of force over a distance of one meter. **How many Joules will you use today?**

TIME	CLASS	DISTANCE	FEE	PLACES	PRIZES
10:00 AM	Masters Men 30+/40+/ 50+/60+	40 Min.	\$30	3/3/3/3	Medals
11:00 AM	Junior Men	30 Min.	\$15	3	Medals
11:00 AM	Junior Women	30 Min.	\$15	3	Medals
11:00 AM	Masters Women 45+/50+/60+ Cat. 4 Women	30 Min.	\$15	3 /3/3	Merchandise
11:45 AM	Single Speed	40 Min.	\$30	3	Merchandise
11:45 AM	Men Cat. 4 (beginner)	40 Min.	\$30	3 /3/3	Medals
12:45 PM	Women Cat. 1/2/3	45 Min.	\$30	3/\$200	100/60/40
1:45 PM	Men Cat. 3/4	45 Min.	\$30	3/\$125	60/40/25
2:45 PM	Kids Races	1 modified loop	Free	all	Prizes
3:00 PM	Men Cat. 1/2/3	60 Min.	\$30	5/\$250	(100/60/40/30/ 20)

Registration Opens at 8:30 and closes 30 minutes before each event. Riders under 18 must have USAC Standard Release signed by parent or guardian. All riders must present current USAC license. One day USAC license available for \$10. Second race is only \$15. \$1 per entry fee goes to Kansas Cycling Association and \$3 to USAC Insurance. Held under USA Cycling event permit 2010-2638.

Location & Directions 1014 N 1800 Road, Lawrence, KS 66049
From I-70 exit 197 LeCompton; drive East; course & parking on North side of 1800 Rd.

Parking: On site- please observe the Event Parking Signs

Course Description: Joules Course is a flowing, technical loop with many off camber turns, natural barriers, and a spiral. Warm up area on dirt track. Course is spectator friendly; please follow marked route for viewing areas!

More Information Michelle Jensen (785) 979-7635 michellejensen75@gmail.com

Snacks and beverages will be available for all participants and volunteers.

Rules All USAC cyclo-cross rules apply. Mountain Bikes allowed but bar ends must be removed and handlebars plugged. CPSC approved helmets must be worn at all times while warming up and racing. Race held Rain or shine.



Proceeds from this event will be donated to the **ALS Keith Worthington Chapter**
& **Free State Women's Racing Team**

CYCLO-CROSS

