






VIROQUA CYCLOCROSS RACE SERIES

Presented By
The VMH Wellness Center,

\$1,500 total in Cash and Prizes
Monday Nights From September 3rd - October 29th

Races:

Race Sponsor	Start Time	Age/Category	Places	Prize List
	3:30 p.m., 2 laps	5-9 yrs.	Prizes for all riders	Chocolate milk & Stringles™
	3:50 p.m., 4 laps	10-14 yrs.	3	Prizes!
	4:10 - 4:40 p.m.	Beginner Men/ Jrs./Women	3	Coffee!
	4:50 - 5:30 p.m.	Intermediate Men/Fast Jrs. Expert Women	3	Prizes
	5:35 - 6:20 p.m.	Expert Men	3	Cash + Prizes

Entry Fee is \$5 for adults, \$2 for Jrs/Kids

Registration from 3:20 p.m. to 10 minutes prior to each race

Mountain/BMX Bikes welcome, bar-ends must be removed

Helmets required in every race

Directions to Washington Park:

Head East on South St. between Vernon Memorial Hospital and Blue Dog Cycles, both located on Main Street. Travel 2 blocks on South Street, turn right on Washington Avenue, and then turn left on Lewison Lane. Please be cautious. You will be passing through the course to park. Parking is limited. Overflow parking is available at Vernon Memorial Hospital located two blocks away. Please come early!

For more information, contact cnewlin@vmh.org

Course materials supplied by: Nuzums Building Supply