JOHNSTON



Johnston, Iowa Saturday, June 19, 2010

CATEGORY	START TIME	RACE LENGTH	Entry	PRIZE LIST
Juniors 10-14 (LAJORS)	1:00 PM	15 min + 1 lap	\$5	3-Gift Certificates
Juniors 15-18 (LAJORS)	1:25 PM	20 min + 2 laps	\$5	3-Gift Certificates
Master 40+ *	2:00 PM	$30 \min + 3 \text{ laps}$	\$20	3-Trophies/gift certificates
Master 50+ *	2:00 PM	$30 \min + 3 \text{ laps}$	\$20	3-Trophies/gift certificates
Women's 40+*	2:50 PM	25 min + 3 laps	\$20	3-Trophies/gift certificates
Women's Open*	2:50 PM	25 min + 3 laps	\$20	3-Trophies/gift certificates
Kids Race – Tricycle	3:30 PM	100 yards	Free	Medals
Kids Race – Bicycle	3:35 PM	1 lap	Free	Medals
Cat 1/2/3	3:50 PM	35 min + 3 laps	\$20	3-Trophies/gift certificates
Cat 4	4:45 PM	$30 \min + 3 \text{ laps}$	\$20	3-Trophies/gift certificates
Cat 5/Citizens	5:30 PM	25 min + 3 laps	\$20	3-Trophies/gift certificates

^{*} These categories will race at the same time. Riders may place in only one category which is declared on their registration before the race. One-day race licenses are available for a \$10 charge in addition to entry fee. USCF Permit Applied For.

Helmets are required for all races (Even kids). No Exceptions!!!!!!!! No aero-bars.

On-site registration only on race day opening at Noon and closing 15 minutes prior to each race. Entry fee as listed-unlicensed riders except Kids, +\$10 for 1-day license.

COURSE DESCRIPTION

.7 mile course on both sides of a divided 4 lane parkway with 180-degree turns at each end. A staging area will be in a parking lot near the course.

DIRECTIONS

From Interstate 80/35 on the north edge of Des Moines take the 86th St exit north into Johnston. Go right (East) on NW 62nd St to Pioneer Parkway. Turn right (South) on Pioneer Parkway which curves and goes by Pioneer Hi Bred. The registration and parking is by Pioneer Hi Bred. This route will avoid barriers on Pioneer Parkway that will be set up for a parade Saturday morning and for the race Saturday afternoon.

For More Race Information:

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For DMCC Race Team Information

Randy Catron - Team Director (515) 480-7030 USA Cycling Elite Coach/NSCA-CSCS

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PRESENTED BY:



www.dmccraceteam.com