

Release waiver to be signed at registration

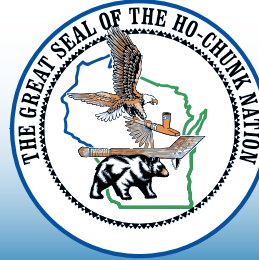


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La Crosse Fitness Festival

OFFICIAL CYCLING CRITERIUM ENTRY FORM



Additional Weekend Activities

Grandad's Time Trial
Coulee Region Bike Tour

La Crosse Marathon
St. Clare Health Mission Half Marathon
Three Rivers 5k Run & 5k Walk
Health and Fitness Expo
Corporate Challenge
Marathon Relay
Kids Run
Special Olympic Run





Sunday, May 2, 2010 — 9:00 a.m. – 5:30 p.m.
Cycling Criterium

\$3225 Total Prize List

**Plus
Primes!**

Race Schedule

Time	Event	Distance	Prize list
9:00 a.m.	Jr 10-14 Boys and Girls	25 min + 1 lap	prizes/3
9:40a.m.	Jr Men 15-18	25 min + 1 lap	\$75/3
10:15a.m.	Men's Masters 50+ Open	30 min + 1 lap	\$250/6
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11:00 a.m.	Mens Cat 4/5	35 min + 1 lap	\$250/6
11:50 a.m.	Mens Masters 35+ Cat 4/5	40 min + 1 lap	\$250/6
12:30 p.m.	Kids Race	1 loop	prizes
1:00 p.m.	Womens Open	40 min + 1 lap	\$400/8
1:50 p.m.	Mens Masters 35+ Cat 3/4	40 min + 1 lap	\$400/8
2:45 p.m.	Mens Masters 35+ Cat 1/2/3	45 min + 1 lap	\$400/8
3:40 p.m.	Mens Cat 3	45 min + 1 lap	\$400/8
4:40 p.m.	Mens Pro 1/2/3	60 min + 1 lap	\$800/10

Rules

The Cycling Criterium is held under USA Cycling Permit (pending). All USAC/WCA rules apply. Helmets are required at all times when on a bicycle. A valid USAC license is required to race. Unlicensed riders must purchase a single day license or annual license. La Crosse Fitness Festival reserves the right to combine or cancel categories for any reason, including limited entrants. Racers may register for multiple categories on race day for \$10 per additional race. Any race which includes category 5 riders are limited to a field of 75. Juniors, cat 4-5 and masters 4-5 are limited to a rider field 50.

Weekend Cycling Events Include

- Saturday, May 1, 2010**
 Bicycle Tour
 Grandad's Bluff Time Trial
Sunday, May 2, 2010
 Cycling Criterium
 Children's Bike Event



The Course

The Criterium is a bicycle race that is a flat, fast, 0.7 mile loop raced on the closed city streets of historic downtown La Crosse. The course begins by Riverside Park and continues south along Front Street. A quick eastern turn on Jay Street leads into a northbound path on 2nd Street. Racers will then turn west onto State Street and than back onto Front Street for multiple laps.

To register for any of the events, or for more information go to: www.lacrossefitnessfestival.com

Refund policy

Entry fees are non-refundable; race numbers and entries cannot be transferred to another person. Refunds will not be given once your entry has been received.



Any questions please contact: LFFCriterium@GMail.com

This is a USA Cycling Event. You must have a USA Cycling license to race any event except for the Children's 10 and under.

One day licenses are available at registration the day of the event for \$10.00.

La Crosse Fitness Festival

OFFICIAL CYCLING CRITERIUM ENTRY FORM

Registration available at:

www.LaCrosseFitnessFestival.com

Mail registration and payment to:

La Crosse Fitness Festival Criterium,
 St. Clare Health Mission, SCHM-LFF, 916 Ferry St.
 La Crosse, WI 54601

Race Day Registration is also available

Race registration opens at 8:00 a.m. in Riverside Park by the Start/Finish area. Registration closes 20 minutes prior to each event.

PAYMENT METHOD

Amount Enclosed: \$ _____

Check Enclosed (payable to: La Crosse Fitness Festival)

Credit Card VISA MASTERCARD

Card No.: _____

Expiration: _____

Signature: _____

(Required for credit card registration)

ENTRANT INFORMATION

Entrant Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____

E-mail Address: _____

(Pre-race information will be sent via e-mail only. Please provide.)

Age on race day: _____ DOB _____

USA CYCLING LICENSE #: _____

CYCLING CRITERIUM (please check only one):

(You may register for additional categories on race day at race location.)

Mens

- Masters 50+ Open (\$30)
- Cat 4/5 (\$30)
- Masters 35+ Cat 4/5 (\$30)
- Masters 35+ Cat 3/4 (\$30)
- Masters 35+ Cat 1/2/3 (\$30)
- Cat 3 (\$30)
- Pro 1/2/3 (\$30)

Womens

- Open (\$30)
- Junior**
- Boys/Girls 10-14 (\$15)
- Junior 15-18 (\$15)
- Children's**
- 10 & under (Free)