

LACROSSE Fitness Festival

Saturday May 1, 2010 Cycling Time Trial
Watch cyclist as they climb Grandad Bluff!

Cheer on the cyclists as they climb Grandad Bluff. The 2.5 mile course begins on Main Street on the east side of the train tracks and ends at the very top of Grandad Bluff with over 600 feet of elevation change. Drivers should be aware that Bliss Road will close from 4pm - 7pm on Saturday May 1st, and plan for alternative routes during this time. Bliss Road will reopen shortly after the last competitor has crossed the finish line.

Key intersection: Close and Reopening
• Bliss Road up to Grandad Park 4:00pm - 7:00pm

Sunday May 2, 2010 7:30 am Start
Marathon and Half Marathon - Finish line at Myrick Park

Drivers should be aware of some traffic delays and plan for alternative routes on Sunday morning along the half marathon and marathon route. Intersections will reopen shortly after the last competitor has crossed. *All closing and reopening times are approximate.*

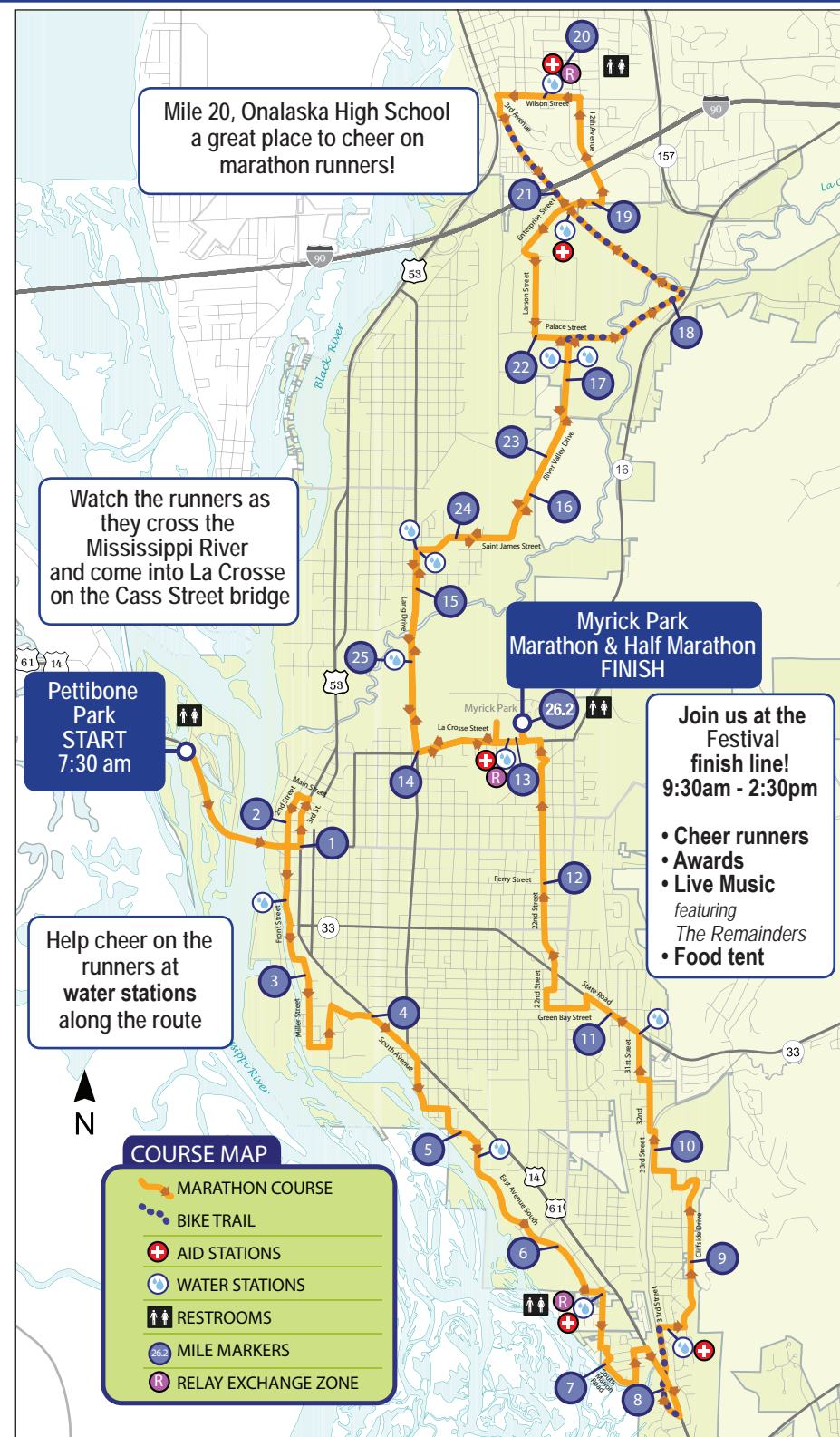
Key intersections include: Close and Reopening
• Cass Street Bridge over the Mississippi 7:00am - 8:00am
• 3rd St. in Downtown La Crosse 7:00am - 8:30am
• Losey and State Road intersection 8:00am - 11:30am (monitored)
• La Crosse Street (West Ave. to Losey) 8:30am - 2:30pm

Sunday May 2, 2010 9am - 6pm
Watch a fast-paced cycling criterium at Riverside Park

The Cycling Criterium format is a fast, flat 0.7 mile loop of road bike race on closed city streets of historic downtown La Crosse. Drivers should be aware of street closures downtown. Streets will reopen shortly after the last race is completed.

Key intersections include Close and Reopen
• 2nd St. between Jay and State 7:30am - 6:00pm
• Front St. between Jay and State 7:30am - 6:00pm

Criterium Riverside Park
START/FINISH



For more information please visit us at www.lacrossefitnessfestival.com

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FEATURING - THE REMAINDERS