



# Minuteman

R O A D C L U B

## 2011 CYCLOCROSS TRAINING SERIES

AUGUST 31 AND SEPTEMBER 7 14 21

### SKI WARD MOUNTAIN

1000 Main Street,  
Shrewsbury, MA 01545

**From Boston and Points East**  
Mass Tpk. to route 495 north to route 20 west. Follow route 20 through Northborough center one mile. Just past St. Rose of Lima church bear right at light on to West Main Street. Travel 1.5 miles to Ski Ward on left.

**From Points West**  
Route I-290 east to exit 23 south onto route 140 south. At first light turn left onto Main Street. Travel 1.5 miles to Ski Ward on right.

**From Points South**  
View website

### \$10 FEE

The course will be challenging, allowing you to hone your skills before the real racing begins. Features include barriers, downhill off-camber 180's, fast S-turns, and lots of twisties.

Juniors \$3. 5:30pm starts. 100 rider max. Onsite registration only. Must have a valid USA Cycling license though one-day licenses will be available. Held under USA Cycling event permit. All USA Cycling rules apply. Visit [minutemanroadclub.com](http://minutemanroadclub.com) for more details and up to date race info.

### RACE FORMAT

No categories, no prizes, just pure cross. All races take place on a 1.5mi marked course of grass & dirt complete with barriers. Race format may change from week to week, eg. a single 45min. race or 5 rider sprint lap with elimination heats or some other mystery format.

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