

east coast
cyclo-cross

Minuteman
ROAD CLUB

2009 CYCLOCROSS TRAINING SERIES

SEPTEMBER 02 09 16 23 30

WRENTHAM DEVELOPMENTAL CENTER

From I-495, exit 15.
Follow Route 1A/South
St. (Dedham St.) north
through Wrentham
Center for 2.5mi. Left
on to North St. Con-
tinue on North St. for
0.5mi. Parking will be at
the sport fields on Em-
erald Street.

\$10 ENTRY

Juniors \$2. 5:30pm starts.
100 rider max. Onsite reg-
istration only. Must have a
valid USCF license though
one-day licenses will be
available. Held under USA
Cycling event permit. All
USCF rules apply. Visit
minutemanroadclub.com
for more details and up to
date race info & results.

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 mys-
tery format.

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