

Capitol View Park MOUNTAIN BIKE RACE

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SUNDAY, JULY 19, 2009
Capitol View Park, Frankfort, KY
1700 Glens Creek Rd.

This race is also part of the **Bluegrass State Games (www.bgsq.org)**

SCHEDULE OF EVENTS, FEES, AND PRIZES

Category/Age Group	Distance	Start Time	Fee	Prizes
Men Cat 3 (Beginner): 18 and under, 19-29, 30-39, 40-49, 50+	2 laps	11:00	\$25*	Top 3 finishers from Kentucky in each category/ age group will receive BGSQ medals. Non-Kentucky residents will receive trophies.
Women Cat 3 (Beginner): 18 and under, 19-29, 30-39, 40-49, 50+	2 laps	11:02	\$25*	
First-timer men (first-time racers only, please)	2 laps	11:04	\$15*	
First-timer women (first-time racers only, please)	2 laps	11:04	\$15*	
Men Pro/Semi-pro: 18 and under, 19-29, 30-39, 40-49, 50+	4 laps	12:30	\$25*	Cash payback according to the Kentucky Points Series rules, and BGSQ medals to Kentucky residents by age group.
Men Cat 1 (Expert): 18 and under, 19-29, 30-39, 40-49, 50+	4 laps	12:30	\$25*	
Women Cat 1 (Expert): 18 and under, 19-29, 30-39, 40-49, 50+	4 laps	12:30	\$25*	
Special New Race: Capital City Single-Speed Shootout				Top 3 finishers from Kentucky in each category/ age group will receive BGSQ medals. Also special prizes to the top 3 (from any state) on the most SS-friendly course in Kentucky.
Men Single Speed (all ages)	3 laps	12:32	\$25*	
Women Single Speed (all ages)	3 laps	12:32	\$25*	Top 3 finishers from Kentucky in each category/ age group will receive BGSQ medals. Non-Kentucky residents will receive trophies.
Men Cat 2 (Sport): 13-18, 19-29, 30-39, 40-49, 50+	3 laps	12:34	\$25*	
Women Cat 2 (Sport): 18 and under, 19-29, 30-39, 40-49, 50+	3 laps	12:34	\$25*	
Junior Beginner: <10 years	Sprints	2:45	\$5	BGSQ medals for top 3 finishers from Kentucky and also placement ribbons

*Note: \$10 entry fee for junior racers 18 and under. \$5 fee for juniors under 10.

- **On-site registration will be accepted, with no late fee.**
- **Helmets are required.**
- **Your racing age is your age as of December 31, 2009.**
- **Races will be in a fast cross-country format. One lap is approximately five miles long. A course map will be posted at www.promotioncycling.com prior to the race.**
- Awards ceremonies will be held as soon as possible after each race.
- Promoters reserve the right to change course length and/or start times if conditions require, and to combine fields if necessary.
- This race is part of the 2009 Kentucky Points Series. Series points will be awarded according to series rules and categories (see <http://kypointseries.googlepages.com/>). This race is also part of the Bluegrass State Games.
- No NORBA licenses are required for this race. Insurance coverage is provided by Bluegrass State Games.
- Directions to the park: Capitol View Park is located next to the Kentucky River, just off Ky. 676. From Louisville, take I-64 to the first Frankfort exit, go north about a mile, and turn right on 676. After 1.5 miles, cross the river and then take the first left into the park. From Lexington, take 421 into Frankfort; 421 becomes 676. After the intersection with Martin Luther King Blvd., go another mile or so and then turn right into the park. If you cross the river you have gone too far.