

Bluegrass State Games Mountain Bike Race

Sunday, July 18, 2010, Capitol View Park, Frankfort

REGISTRATION FEE: \$25 for adults, \$15 for first timers, \$10 for 18 & under, \$5 for 10 & under.

ON-SITE REGISTRATION ACCEPTED

Woodson Smith, Sport Commissioner, 502-320-2798

SCHEDULE OF EVENTS AND PRIZES:

| Category/Age Group | Distance | Start Time | Prizes |
|---|------------------------------------|------------|--|
| Men Cat 3 (Beginner): 10-15, 16-18, 19-29, 30-39, 40-49, 50+ | 2 laps (1 lap for 10-15 age group) | 11:00 | Top 3 finishers from Kentucky in each category/age group will receive BGSF medals. Non-KY. residents will receive trophies. |
| Women Cat 3 (Beginner): 10-15, 16-18, 19-29, 30-39, 40-49, 50+ | 2 laps (1 lap for 10-15 age group) | 11:02 | |
| First-Timer Men (first-time racers only, please) | 2 laps | 11:04 | |
| First-Timer Women (first-time racers only, please) | 2 laps | 11:04 | |
| Men Pro/Semi-Pro: 10-15, 16-18, 19-29, 30-39, 40-49, 50+ | 4 laps | 12:30 | Cash payback according to the Kentucky Mountain Bike Points Series rules, and BGSF medals to KY residents by age group. |
| Men Cat 1 (Expert): 10-15, 16-18, 19-29, 30-39, 40-49, 50+ | 4 laps | 12:30 | |
| Women Cat 1 (Expert): 10-15, 16-18, 19-29, 30-39, 40-49, 50+ | 4 laps | 12:30 | |
| Men Single Speed: All Ages | 3 laps | 12:32 | Top 3 finishers from Kentucky in each category/age group will receive BGSF medals. Non-Kentucky residents will receive trophies. |
| Women Single Speed: All Ages | 3 laps | 12:32 | |
| Men Cat 2 (Sport): 10-15, 16-18, 19-29, 30-39, 40-49, 50+ | 3 laps | 12:34 | Top 3 finishers from Kentucky in each category/age group will receive BGSF medals. Non-KY. residents will receive trophies. |
| Women Cat 2 (Sport): 10-15, 16-18, 19-29, 30-39, 40-49, 50+ | 3 laps | 12:34 | |
| Junior Beginner: <10 years | Sprints | 2:45 | BGSF medals for top 3 finishers from KY and also placement ribbons |

FORMAT: Races will be in a cross-country format. One lap is approximately five miles. See the course map on the back of this sheet.

RULES: Helmets are required. No NORBA licenses are required for this race. Insurance coverage is provided by Bluegrass State Games. Promoters reserve the right to change course length and/or start times if conditions require, and to combine fields if necessary.

AWARDS: Awards will be presented as soon as possible after each race. This race is also part of the Kentucky Mountain Bike Points Series. For more information, visit <http://kypointseries.googlepages.com>. Series points will be awarded according to series rules and categories.

AGE: Your racing age is your age as of December 31, 2010.

DIRECTIONS:



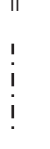


Capitol View Park is located next to the Kentucky River, just off Ky. 676.

From Louisville, take I-64 to the first Frankfort exit. Drive 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.)

2010 Bluegrass State Games MTB Race Course Capitol View Park Frankfort, Ky.

About 5 miles per lap. Course runs counterclockwise.

-  = BGSG course
-  = Trail that is not part of the course
-  = Fence
-  = Abandoned RR bed
-  = Doubletrack



Disclaimer: This map is not drawn to scale nor does it meet any particular standards for accuracy or precision. Trail conditions, safety, and rideability may change depending on weather and other random variables. The inclusion of a trail on this map in no way guarantees that it can be safely ridden. Ride at your own risk, use your own judgment, and wear a helmet.