

Ed Sander Memorial Cyclocross Race

Presented by the National Capital Velo Club Hosted by Lilypons Water Gardens September 26th 2010

Cat 4 Men Cat 3, 4 Men 35+/45+	40 min	\$20	Prizes/5 places
Cat 3, 4 Men 35+/45+	4E min		
	45 min	\$20	Prizes/5 places
Cat 1,2,3,4 55+	45 min	\$20	Prizes/5 places
Cat 3,4 Men	45 min	\$20	Prizes/5 places
Juniors 15-18 Open	45min	\$10	Prizes/3 places
Masters Cat 1,2,3 Men 35+/45+	45min	\$20	Prizes/5 places*
Lil' Belgians		FREE	Medals/ALL
Juniors 15-18 Women	2 Laps only	\$10	Prizes/3 places
Juniors 10-14 Men	2 Laps only	\$10	Medals/3 places
Juniors 10-14 Women	2 Laps only	\$10	Medals/3 places
Cat 1,2 Women	40	\$25	\$695/5 places
Cat 3 Women	40	\$20	Prizes/3 places
Cat 4 Women	40	\$20	Prizes/3 places
Cat 1,2,3 Men	60	\$25	\$960/12 places
	Cat 3,4 Men Juniors 15-18 Open Masters Cat 1,2,3 Men 35+ /45+ Lil' Belgians Juniors 15-18 Women Juniors 10-14 Men Juniors 10-14 Women Cat 1,2 Women Cat 3 Women Cat 4 Women	Cat 3,4 Men Juniors 15-18 Open Masters Cat 1,2,3 Men 35+ /45+ Lil' Belgians Juniors 15-18 Women Juniors 10-14 Men Juniors 10-14 Women Cat 1,2 Women Cat 3 Women Cat 4 Women Cat 4 Women 40 Cat 4 Women 40 Cat 4 Women 40	Cat 3,4 Men 45 min \$20 Juniors 15-18 Open 45min \$10 Masters Cat 1,2,3 Men 35+ /45+ 45min \$20 Lil' Belgians FREE Juniors 15-18 Women 2 Laps only \$10 Juniors 10-14 Men 2 Laps only \$10 Juniors 10-14 Women 2 Laps only \$10 Cat 1,2 Women 40 \$25 Cat 3 Women 40 \$20 Cat 4 Women 40 \$20 Cat 4 Women 40 \$20

<u>BikeReg.com</u> is the Official Online Registration Service of the MABRA Cyclocross series. (*additional fee charged*) Online registration closes at 12:01PM on Friday, September 24, 2010.

All USA Cycling Rules Apply - USA Cycling permit pending

Full Race info at: http://www.ncvc.net

Questions: Rob Campbell, robcam@gmail.com; 301-949-7970 (no calls after 9pm)

Race Day: Registration opens at 7:30 am and closes 30 minutes before each race.

Rules: All USCF/USA Cycling Cyclocross rules apply. Mountain bikes are allowed WITHOUT bar ends.

Warmups: The course will be open for inspection and warm-up approximately 15 minutes prior to each event, time permitting. Warming up on the course during an event is strictly prohibited and will not be tolerated. DQ & forfeiture of entry fee will result.

Course Description: The course loops through the private grounds of Lilypons Water Gardens. -Combination of pavement, grass, and dirt paths. Much of the course winds around water filled ponds.

Spectating: The course has many spectating areas, including the "Back 9" located on the back section of the course near "U-Turn" hill and Lollypop hill. Announcers will be located in two locations on the course: at the Back 9 and at the Start/Finish. Food and beverages will be available at both locations provided by NCVC and Hobby Horse Catering.

Start Line Protocol: Racers must report to the holding pen adjacent to the starting grid for staging 10 minutes before the start of their race.

Call-Up Protocol: All racers will be staged sequentially by race number.

Race numbers will be assigned based on the following: MABRA Series points (from 2009), order of registration, late registrants, and promoter's discretion.

Lapped Riders: Lapped riders will finish on the same lap as the leaders. Riders in danger of being lapped must yield to oncoming racers and are not to interfere with their progress or trail behind them.

Feeding: Feeding during the race is prohibited unless expressly allowed by the Chief Referee

Pit: There will be one double-sided pit on the course. Two bike washes will be available: one for the pits and one for post race. Please remove your equipment immediately following your race to make room for others.

Directions: Lilypons is located approximately 8 miles south of Frederick, MD at 6800 Lily Pons Road, Adamstown, MD 21710

From Frederick, MD: (10 miles / 15 minutes)
Route 85 SOUTH. LEFT on Lilypons Rd.

From Leesburg, VA: (20 miles / 30 minutes)

Route 15 NORTH to Route 28 EAST to Route 85 NORTH. Route 85 NORTH to RIGHT on Lilypons Rd.

From DC: (40 miles / 50 minutes)

I-270 NORTH to Exit 26. WEST on Route 80 (Finger Board Road). LEFT on Park Mills Rd. RIGHT on Lilypons Rd.

From Baltimore, MD: (60 miles / 60 minutes)

I-70 WEST toward Frederick to Exit 54. MD-355 South, Keep RIGHT onto SR-85. Turn LEFT onto Lilypons ${\rm Rd}$.

