

CHRIS LILLIG MEMORIAL CUP OMNIUM

River Products Company is once again proud to honor the memory of Chris Lillig through the Chris Lillig Memorial Cup. This year's Cup expands itself to become an Omnium to award the riders who compete in all three events.



Category	Places/Prizes	Category	Places/Prizes
Men Pro/1/2	5/\$250	Women 1/2/3	5/\$250
Men 3	5/\$250	Women 4	5/\$250
Men 4	5/\$250	Women 35+	3/Medals
Men 5	3/Medals		
Masters 40-49	5/\$250	Juniors	3/Medals
Masters 50-59	5/\$250	(LAJRS Event)	
Masters 60+	3/Medals		

Riders must compete in all 3 events to be eligible for the Omnium. Omnium results are based on points, not on time, with finish place of the Old Capitol Criterium serving as a tie-breaker.

FREE KIDS RACES

The Old Capitol Criterium is proud to continue the tradition of offering FREE Kids Races for children ages 9 and under. Two-wheeled competitors will race for one lap around the upper portion of the criterium course, while younger riders will race one block along Washington Street, with everyone getting the opportunity to race across the same finish line used by the criterium riders.



HIGH SCHOOL RELAY

High school bike racing makes its debut at the Old Capitol Criterium with a 4-person high school relay race. Schools may enter 4-person teams, with each rider riding 1 lap of the upper course. As a relay, a single mountain bike will be 'handed off' from one competitor to the next for each lap.



LAJRS JR RACES

Entering its 19th year, the Lance Armstrong Junior Race Series (LAJRS) program has evolved into a nationally recognized junior-aged race series. As a LAJRS event, Junior Men/Women will each be separated into age categories 10-12, 13-14, 15-16, 17-18.



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CHRIS LILLIG MEMORIAL CUP AND OLD CAPITOL CRITERIUM THANKS OUR SPONSORS



ICCC iowa city cycling club



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CHRIS LILLIG MEMORIAL CUP

AND

34TH ANNUAL OLD CAPITOL CRITERIUM

SATURDAY - APRIL 30, 2011

ICCC Road Race
ICCC Time Trial

SUNDAY - MAY 1, 2011

Old Capitol Criterium

MORE INFORMATION AT
WWW.OLDCAPCRIT.COM

ICCC ROAD RACE

Saturday - April 30, 2011
Iowa City, Iowa
Held under USA Cycling event permit 2011-1310

RACE SCHEDULE

Start	Category	Distance	Places/Prizes	Fee
9:00 am	Masters 40-49	39 miles	5/\$350	\$25
9:00 am	Masters 50-59	39 miles	5/\$350	\$25
9:00 am	Masters 60+	39 miles	3/Medals	\$25
All Masters start together. The category you register for is the category you are racing for.				
9:05 am	Men 5	26 miles	3/Medals	\$25
9:10 am	Women 4	26 miles	5/\$350	\$25
9:10 am	Women 35+	26 miles	3/Medals	\$25
All Women start together. The category you register for is the category you are racing for.				
9:15 am	Juniors	13 miles	3/Medals	\$10
All juniors start together. Men/Women each separated into age categories 10-12, 13-14, 15-16, 17-18				
11:30 am	Men Pro/1/2	52 miles	10/\$750	\$25
11:35 am	Men 3	39 miles	5/\$500	\$25
11:40 am	Men 4	39 miles	5/\$350	\$25
11:45 am	Women 1/2/3	39 miles	5/\$500	\$25

REGISTRATION

Onsite registration opens at 8:00 am and closes 20 minutes prior to each race. Entry fee as listed. \$5 late fee for day-of-race registrations except for Juniors. Make checks payable to Iowa City Cycling Club.

COURSE/INSTRUCTIONS

Start/Finish is at the Fairview Mennonite Church 7 miles southwest of Iowa City and north of Kalona. Course is a 13-mile loop with rolling hills and 4 right turns. Course is open to traffic and centerline rule will be strictly enforced. All USAC Road racing rules apply.

From Hwy 218, take Hwy 1/Kalona exit (south/west). Follow Hwy 1 South/West to 540th Street SW (approximately 10 miles). You will see the Kalona Cheese Factory on the east side of the road. Turn east on 540th Street SW (as if you were turning to visit the Cheese Factory) for approximately 1 mile. The Mennonite Church is on the south side of the road. Parking is limited, please carpool if possible.

REGISTER TODAY!
WWW.OLDCAPCRIT.COM

ICCC TIME TRIAL

Saturday - April 30, 2011
Iowa City, Iowa
Held under USA Cycling event permit 2011-1310

RACE SCHEDULE

Start	Category	Distance	Places/Prizes	Fee
2:30 pm	Juniors	10 miles	3/Medals	\$10
2:31 pm	Men 5	10 miles	3/Medals	\$20
2:32 pm	Women 4	10 miles	3/\$100	\$20
2:33 pm	Women 35+	10 miles	3/Medals	\$20
2:34 pm	Masters 40-49	10 miles	3/\$100	\$20
2:35 pm	Masters 50-59	10 miles	3/\$100	\$20
2:36 pm	Masters 60+	10 miles	3/Medals	\$20
2:40 pm	Men 3	10 miles	3/\$100	\$20
2:41 pm	Men 4	10 miles	3/\$100	\$20
2:42 pm	Women 1/2/3	10 miles	3/\$150	\$20
2:43 pm	Men Pro/1/2	10 miles	3/\$150	\$10

All racing begins at 2:30 pm, with start times for each category/rider announced and posted at registration during the ICCR Road Race.

**** NO AERO EQUIPMENT - ROAD BIKES ONLY ****

REGISTRATION

Onsite registration opens at 8:00 am and closes at 2:30 pm. Entry fee as listed. Make checks payable to Iowa City Cycling Club.

COURSE/INSTRUCTIONS

Start/Finish is at the Fairview Mennonite Church 7 miles southwest of Iowa City and north of Kalona. Course is a 10-mile out-and-back with rolling hills. Course is open to traffic and centerline rule will be strictly enforced. All USAC Road racing rules apply.

**** NO AERO EQUIPMENT - ROAD BIKES ONLY ****

From Hwy 218, take Hwy 1/Kalona exit (south/west). Follow Hwy 1 South/West to Black Diamond Road (approximately 3 miles). Turn right (west) onto Black Diamond Road for approximately 3 miles. The Redbird Farms Wildlife Area is on the north side of the road, with additional parking on the south side of the road. Parking is limited, please carpool if possible.

REGISTER TODAY!
WWW.OLDCAPCRIT.COM

OLD CAPITOL CRITERIUM

Sunday - May 1, 2011
Iowa City, Iowa
Held under USA Cycling event permit 2011-1310

RACE SCHEDULE

Start	Category	Distance	Places/Prizes	Fee
9:00 am	Juniors	8 laps	3/Medals	\$10
All juniors start together. Men/Women each separated into age categories 10-12, 13-14, 15-16, 17-18				
9:30 am	Men 5	10 laps	3/Medals	\$25
10:00 am	Women 4	10 laps	5/\$350	\$25
10:00 am	Women 35+	10 laps	3/Medals	\$25
10:30 am	Men 4	20 laps	5/\$350	\$25
11:30 am	Women 1/2/3	25 laps	5/\$500	\$25
1:00 pm	Kid's Races	1-4 blocks	Medals	FREE
1:00 pm	High School	4 laps	Medals	FREE
High School Relay: 4-person relay teams on upper course.				
1:30 pm	Masters 40-49	20 laps	5/\$350	\$25
1:30 pm	Masters 50-59	20 laps	5/\$350	\$25
1:30 pm	Masters 60+	20 laps	3/Medals	\$25
All Masters start together. The category you register for is the category you are racing for.				
2:30 pm	Men 3	25 laps	5/\$500	\$25
3:30 pm	Men Pro/1/2	40 laps	10/\$750	\$25

REGISTRATION

Onsite registration opens at 8:00 am and closes 20 minutes prior to each race. Entry fee as listed. \$5 late fee for day-of-race registrations, except for Juniors. Make checks payable to Iowa City Cycling Club.

COURSE/INSTRUCTIONS

Start/Finish is at the intersection of Clinton & Washington Streets in downtown Iowa City, Iowa. Course is a challenging 1-kilometer loop with one major climb and a fast descent. Free lap rule applies. All USAC Road racing rules apply.

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