

# MIZZOU CYCLING

MTN - ROAD - CROSS

Saturday, Oct. 8 XC-DH/Sunday, Oct. 9 DS-STXC

## Cross Country at Cosmo Park

Category	Time	Distance (mi)	Category	Time	Distance (mi)
Men A	9:00 am	5 laps 24	Men C	9:30 am	2 laps 9.6
Men B	9:10 am	4 laps 19.2	Women A/B	9:20 am	4/2 laps 19.2/9.6

The XC race is at Cosmopolitan Park, just north of campus. The trail is a compact 4.8 mile loop with shorter but steep uphill and downhill. While the trail is smooth and mostly nice dirt with a few rocks, the twists, turns and at times narrow trail offers a handling challenge.

**Directions** - From I-70: exit 124, head west through the roundabout on Business Loop 70 and follow about 1 mile to park entrance. Race is on north side by skatepark. Look for signs.

## Tiger Gnar Downhill

Category	Time	Distance
Men A/B/C Women A/B	3:00 pm Self Seeding	1 minute, 2 laps/rider

Downhill at Mizzou returns with similar gnar, jumps n rocks, and more wishing we lived in Colorado. Full faces required, cross country bikes not recommended, though someone did it on a 90's Trek Mountain Track once and cut their thumb.

## Registration

Entry fees are \$15 per race with the \$3 insurance surcharge included. Opens at 8:00 am and closes 15 minutes prior to each race start. Riders must have a valid USA Cycling Collegiate license. One day (\$10) and annual licenses (\$30) will be available for purchase on site. Online registration is available at [www.usacycling.org](http://www.usacycling.org)

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For more information contact Mike Blumreich at (417)860-0295 or Andy Prunty at (314)550-4066 , as well as on our Facebook fan page at [facebook.com/mizzoucycling](https://facebook.com/mizzoucycling)

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## Short Track

Category	Time	Distance	Category	Time	Distance
Men A	9:00 am	35 min + 2	Men C	11:30am	20 min + 2
Men B	9:35am	25 min + 2	Women A/B	10:20 am	35/25 min + 2

Short track runs laps on a similar course as last year with a few changes and a little more length. Expect a mix of grass, gravel and singletrack.

**Directions** - From I-70 STXC, DS and DH will be held on campus. From College Ave (runs north/south from BS70 to Stadium Blvd), turn east at Ashland Rd. From there look left for signs to parking and courses.

## Dual Slalom

Category	Time	Distance
Men A/B/C Women A/B	Noonish Self Seeding	Fast as you can

Dual salmoning continues on a similar course as 2010 with small updates.



**MIDWEST**  
COLLEGIATE CYCLING CONFERENCE

### Lodging

Racing bikes is no cheap adventure, so save a few bucks and help Mizzou Cycling by staying at Americas Best Value Inn with significantly discounted room rates and a portion of your rate supporting the Team. Rooms are going fast, make reservations ASAP.

Americas Best Value Inn - 573-442-7908  
[www.abvicolumbia.com](http://www.abvicolumbia.com)

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