

2015 Toasty Waffles Training Road Race Series

Proudly Presented by Mercy-Kuat Cycling

Tuesdays - June 9th, June 16th, and June 23rd

Tuesdays - July 7th, July 14th, and July 21st

Held under USA Cycling permit. Race Held rain or shine.

Sponsored By: Mercy-Kuat Cycling Team

Fellows Lake Recreation Area Gate #1 (NW corner of lake) Springfield, MO



Come out for the **Mercy-Kuat Cycling Toasty Waffles Training Road Races**. This is a great opportunity to give racing a try, test your fitness, or to hone your skills! The course is challenging and fun, and a good test for any rider!

Registration: Day of the race, on site, 5:15 to 5:45 pm. Registration closes 15 minutes before the start of the first race. Annual or One-day USAC license required. USAC one day license fee is included in the entry cost.

Course: Course is an 11 mile clockwise loop of rolling hills around Fellow's Lake, just North of Springfield MO. Course will be open to traffic and the center line rule will apply. Pavement is in good condition. Aero Bars are not permitted. Helmets must be worn at all times.

Category	Distance	Start Time	Entry Fees	Event Dates
A Group	33 miles (3 laps)	6:00 pm	\$15 licensed USAC \$20 one-day riders *one day license included in entry	All
B Group	22 miles (2 laps)	6:05 pm		All

Leader's Jersey: We will again have a set of traveling jersey's. Each week, the winner of the A and B race will be loaned a jersey that they have to wear for the next race. If they win again they hold onto it for another week, if they lose then it goes to the new winner. You're only as fast as your last race, right?

Prizes: High fives, bragging rights, Strava KOMs.

Directions: From Springfield, follow Glenstone (MO-H) North past I-44 to State Hwy AA. Turn right and follow to Farm Road 171. Turn left and follow to Farm Road 66. Turn right and follow to Recreational Area at NW corner of Lake. This will be approximately 1/4 mile after the "steep hill".

Alternate Directions: From Hwy 65/I-44 head North on 65. Turn left on State Hwy AA. Keep right on Farm Road 197, follow it around to Gate 1 of the Fellows Lake Recreational Area.

More info can be obtained at <http://www.facebook.com/pages/Mercy-Kuat-Cycling-Team/309972625711893>

Contact: MercyKuatCycling@gmail.com

Only the above listed races are permitted and sanctioned by USA Cycling. No other races or activities at the event are sanctioned by USA Cycling.