

# **Frozen Waffles Training Road Race** **Sunday April 10<sup>th</sup>, 2016**

Held under USA Cycling permit. Race Held rain or shine.  
Sponsored By: Mercy-Kuat Cycling Team  
Fellows Lake Recreation Area (NW corner of lake) Springfield, MO



Come out for the **Waffle Training Road Race**. 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: Online via USA Cycling or Day of the race, on site, 9:30 am. Registration closes 15 minutes before the start of each race. USA Cycling license required, one day licenses will be available both online and on-site.

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 yellow line rule will apply. Pavement is in good condition. Aero Bars are not permitted. Helmets must be worn at all times.

<b>Category</b>	<b>Distance</b>	<b>Start Time</b>	<b>Entry Fee</b>
Cat 4/5	33 miles (3 laps)	11:00 am	\$20
Women Open	33 miles (3 laps)	11:05 am	\$20
Jr Open	22 miles (2 laps)	11:10 am	\$20
Cat 1/2/3	55 miles (5 laps)	1:00 pm	\$20
Masters <small>(40+, 50+)</small>	44 miles (4 laps)	1:05 pm	\$20

Prizes: Merchandise

Directions: From Springfield, follow Glenstone (MO-H) North past I-44 to 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 1/8 mile after the "steep hill".

Course Map: <http://connect.garmin.com/course/505538>

More info can be obtained at <https://www.facebook.com/events/1727811140787382/>

Contact: [MercyKuatCycling@gmail.com](mailto: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.**