



Proudly Presents...



# Lake Country Cross Trials

a.k.a.

2007 WCA - Planet Bike CycloCross Race #1



Saturday September 29<sup>th</sup> - Lapham Peak State Park, Delafield, WI

<u>Categories</u>	<u>Up Hill Start Time (AM)</u>	<u>Cross Country Start Time (PM)</u>	<u>Entry Fee</u>	<u>Prize List</u>
Masters 40+ (Cat 4)	9:00 AM	12:30 PM	\$ 20.00	Merchandise / 3
Junior Boys 15-18	9:00 AM	12:40 PM	\$ 15.00	Merchandise / 3
4 Men	9:00 AM	12:50 PM	\$ 20.00	Merchandise / 3
4 Women	9:00 AM	1:00 PM	\$ 20.00	Merchandise / 3
Juniors Boys <15	9:00 AM	1:00 PM	\$ 15.00	Merchandise / 3
Junior Girls 15-18	9:00 AM	1:00 PM	\$ 15.00	Merchandise / 3
Junior Girls <15	9:00 AM	1:00 PM	\$ 15.00	Merchandise / 3
3 Men	9:40 AM	1:10 PM	\$ 20.00	\$45 / 3
3 Women	9:40 AM	1:25 PM	\$ 20.00	\$45 / 3
Masters 40+	9:40 AM	1:30 PM	\$ 20.00	\$70 / 4
1-2-3 Women	9:40 AM	1:40 PM	\$ 20.00	\$100 / 5
Masters 50+	9:40 AM	1:45 PM	\$ 20.00	\$45 / 3
1-2-3 Men	9:40 AM	1:55 PM	\$ 20.00	\$100 / 5
Masters 30+	9:40 AM	2:05 PM	\$ 20.00	\$70 / 4

## Scoring:

Your **WCA** Points and race placing are based on the combination of the times from your morning and afternoon time trials. For example, if your uphill time is 7min30sec and your XC time is 28min35sec, your score will be based on a time of 36:05. **You must complete both time trials to be scored.** Omnium scoring will be based on the combined WCA Points from Saturday's TT's and Sunday's CycloCross race.

## Course Description:

**UP HILL Course** in the morning is a steep 6 – 10 minute climb to the Peak of Lapham Peak! You will ride on the pavement and run on the grass, with a couple of barriers in the run. Get ready for a 45 second run to the finish (when you're already way past the red-line!)

**CROSS COUNTRY Course** in the afternoon will be one full lap of the Lapham Peak mountain bike trails. The loop is all double-track with some challenging hills ... to RUN UP!!! The fastest lap times should be around 25 minutes.

## Registration:

Opens: 7:30am

Closes: 8:30am for categories starting at 9:00

Closes: 9:20am for categories starting at 9:40

**PLEASE ARRIVE EARLY!!!** Entry fee includes insurance (\$2), WCA (\$1). USCF rules apply. Held under USCF permit. Open to all racers. Annual and one day licenses sold at registration.

**SAVE TIME!!! Register for Sunday's Race on Saturday!!!**

## How do I know what category to choose? Look at your license!

**Beginners / One Day License Holders (\$10 at Registration):** Category 4

**Category 1-4:** Your cyclocross category is on your annual USA Cycling license

**If you qualify for two categories, you can sign up for two races!!!**

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# Endurance Cross

a.k.a.

2007 WCA Bianchi CycloCross Race #2



Sunday September 30<sup>th</sup> - Lapham Peak State Park, Delafield, WI

<u>Start Time</u>	<u>Categories</u>	<u>Race Duration</u>	<u>Entry Fee</u>	<u>Prize List</u>
9:45 AM	Masters 40+ (Cat 4)		\$ 20.00	Merchandise / 3
9:50 AM	Junior Boys 15-18	30 Minutes	\$ 15.00	Merchandise / 3
10:30 AM	4 Men	30 Minutes	\$ 20.00	Merchandise / 3
11:15 AM	4 Women		\$ 20.00	Merchandise / 3
11:16 AM	Juniors Boys <15		\$ 15.00	Merchandise / 3
11:17 AM	Junior Girls 15-18	30 Minutes	\$ 15.00	Merchandise / 3
11:18 AM	Junior Girls <15		\$ 15.00	Merchandise / 3
11:50	Course Open for Inspection and Pre-Ride – Watch for Racers – No Pre-Ride in Afternoon			
12:30 AM	3 Men		\$ 20.00	\$45 / 3
12:31 AM	3 Women	45 Minutes	\$ 20.00	\$45 / 3
1:05 PM	Masters 40+		\$ 20.00	\$70 / 4
1:06 PM	1-2-3 Women	45 Minutes	\$ 20.00	\$100 / 5
1:07 PM	Masters 50+		\$ 20.00	\$45 / 3
2:15 PM	1-2-3 Men		\$ 20.00	\$100 / 5
2:18 PM	Masters 30+	55 Minutes	\$ 20.00	\$70 / 4

## Course Description:

The course is approx. a 2-mile loop on the Lapham Peak State Park mountain bike trails. Great for cyclocross and mountain bikes, the course features both flat and rolling sections, with run ups and turns on grass!

## Registration:

Opens at 8:00 am and closes 20 min. before each event. **PLEASE ARRIVE EARLY!!!** Entry fee includes insurance (\$2), WCA (\$1). USCF rules apply. Held under USCF permit. Open to all racers. Annual and one day licenses sold at registration. Cyclocross series points will be awarded.

## How do I know what category to choose? Look at your license!

**Beginners / One Day License Holders (\$10 at Registration):** Category 4

**Category 1-4:** Your cyclocross category is on your annual USA Cycling license

**If you qualify for two categories, you can sign up for two races!!!**

## Prizes!!!

**Merchandise Prizes** have been donated by Wheel & Sprocket and Planet Bike

**Omnium Prizes** will be awarded to the top finisher from each category based on the greatest number of points accumulated during Saturday and Sunday.

## Kids Race!!!

**12:00 – 12:30** Boys and Girls 8 and under will race around a 50 meter course near registration! Don't forget your cameras!! Free!!!

## Directions:

Lapham Peak State Park is located on Hwy. C in Delafield, WI. Exit I-94 at Hwy C, travel South for approx. two miles, the park is on your left. Park in the Evergreen parking lot, first right after entering the park.

