



CYCLO-CROSS

FREE STATE
RACING

Amateur Cycling Team Lawrence, Kansas

Train for Joules Cross

Thursdays, September 8th, 15th, 22nd, & 29th, 2011 @ 5:45- 7:15

Waivers must be signed by all riders.

Registration: \$1.00 for USAC Insurance. All riders must present current USAC license.
One day USAC license available for \$5.
Held under USA Cycling event permit 2011-2971.

More Information Michelle Jensen (785) 979-7635 michellejensen75@gmail.com

Location & Directions 1014 N 1800 Road, Lawrence, KS 66049
From I-70 exit 197 Lecompton; drive east; course & parking on North side of 1800 Rd.

Parking: On site; please stay off grass track area.

Training Details: Riders will warm up for ten minutes and then meet on the start/ finish stretch. We will do some dismount and remounting practice and then have a practice race.

The Joules course is mildly technical with natural barriers. Come to the races October 15th and 16th!