

# Joules Cross Saturday, November 6, 2010

One joule is equal to the energy used to accelerate a body with a mass of one kilogram using one Newton of force over a distance of one meter. **How many Joules will you use today?**

TIME	CLASS	DISTANCE	FEE	PLACES	PRIZES
10:00 AM	Masters Men 30+/40+/50+/60+	40 Min.	\$30	3/3/3/3	Medals+++
11:00 AM	Junior Men	30 Min.	\$15	3	Medals+++
11:00 AM	Junior Women	30 Min.	\$15	3	Medals+++
11:00 AM	Masters Women 45+/50+/60+ Cat. 4 Women	30 Min.	\$15	3/3/3/3	Amazing Merchandise
11:45 AM	Single Speed	40 Min.	\$30	3	Amazing Merchandise
11:45 AM	Men Cat. 4 (beginner)	40 Min.	\$30	3	Medals+++
12:45 PM	Women Cat. 1/2/3	45 Min.	\$30	3/\$200	100/60/40
1:45 PM	Men Cat. 3/4	45 Min.	\$30	3/\$125	60/40/25
<b>2:45 PM</b>	<b>Kids Races</b>	<b>1 modified loop</b>	<b>Free</b>	<b>all</b>	<b>Prizes</b>
3:15 PM	Men Cat. 1/2/3	60 Min.	\$30	5/\$250	(100/60/40/30/20)

Sponsors include: Meadowbrook Apartments, Budweiser, Tallgrass Brewing Co., Chipotle, Road ID, Sunflower Outdoor & Bike, Southwind Health Collective, Body Boutique, Wink Eyewear, Jelly Belly, SRAM 2 x 10, Balloon Garden, Form Graphics, Air Gas, and handcrafted items by WFSR.

**Registration** Opens at 8:30 and closes 30 minutes before each event. Riders under 18 must have USAC Standard Release signed by parent or guardian. All riders must present current USAC license. One day USAC license available for \$10. Second race is only \$15. \$1 per entry fee goes to Kansas Cycling Association and \$3 to USAC Insurance. Held under USA Cycling event permit 2010-2638.

**More Information** Michelle Jensen (785) 979-7635 [michellejensen75@gmail.com](mailto: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 observe the Event Parking Signs

**Course Description:** Joules Course is a flowing, mildly technical loop with some off camber turns, a long gradual uphill, a short hill run up, and a spiral. Warm up area on dirt track. Course is spectator friendly; please follow marked route to viewing areas!

**Lunch:** Chipotle burrito, a snack and a beverage for a **5\$ donation to ALS** ; volunteers eat free.

**Rules** All USAC cyclo-cross rules apply. Mountain Bikes allowed but bar ends must be removed and handlebars plugged. CPSC approved helmets must be worn at all times while warming up and racing. Race held Rain or shine.

Proceeds from this event will be donated to the **ALS Keith Worthington Chapter & Free State Women's Racing Team**



CYCLO-CROSS

